

CITY OF MADISON

Supervisor Development Program

Optional Leadership Development Prework for Day One

Work on Your Intro (20 minutes or more)

Create or update your professional introduction.

First impressions are everything! Supervisor Development Program is a great practice space for getting comfortable introducing yourself in new ways.

- Read, watch, and respond in your journal to this post by SelfSpoken, a professional coaching service: [How to craft a killer professional introduction—whether you’ve got 30 seconds or 2 minutes](#)
- Try on your new introduction. Practice out loud to yourself a few times and make adjustments. Write out your favorite 30-second and 2-minute intros.
- Practice your introduction as you meet fellow cohort members in Supervisor Development Program

Self-Reflection: What Holds the World Together (30 minutes or more)

Use a meditative story to reflect on themes of lineage, values, and obligations.

Self-reflection is a key part of leadership, but where do you begin? The podcast *Meditative Story* combines personal stories, original music, and meditation prompts to support your mindfulness practice.

- Listen to (or read the transcript of) [What Holds the World Together by SG Goodman](#) (30 minutes)
Content warning for mental health, suicidal thoughts. Audio is also available wherever you get your podcasts. Please don't listen and drive with this one!
- After taking in the episode, write a journal entry in response to one or both of Rohan's meditation prompts.
 - Prompt 1: Lineage
"We're all part of a lineage, a flow of people and decisions and circumstances over time. Is there anyone in your recent lineage that you have fondness for, whose life led to yours? Bring them to mind. What qualities of theirs do you wish to pass on?"
 - Prompt 2: Choose your own adventure
"There was a lot of beautiful imagery in SG's story. Relationships from our past, reaching out to cultivate qualities in our future. Planting every corner to get the most out of the land. The simple intimacy of one human being present and attentive to another. Choose your own favorite theme of today's story, the one that is with you now."