This is a scale you can use to measure the adaptability of yourself and also of each member of your team and then discuss what may need to be improved. For example, if someone on your team frequently experiences strong negative emotions when faced with the unexpected, what tips could you offer to help them improve?
BODY LANGUAGE CONGRUENCY MODEL

Emotional intensity

Time

Body Language
What you see

Words
What you hear

? = ?
CHAPTER TWO

EMPATHY

EMPATHY SCALE

This is a scale you can use to measure the empathy of each member of your team and then discuss what may need to be improved. For example, if Norma was the least empathetic according to group results, what tips can all of you give her to be more empathetic? You can also use this to measure a leader’s empathy and give them feedback.
This is a scale you can use to measure the engagement of each member of your team and then discuss what may need to be improved. For example, if Bill was the least engaged according to group results, what tips can all of you give him to be more engaged? You can also use this to measure a leader’s engagement and give them feedback.
CHAPTER FOUR

TRANSPARENCY

TRANSPARENCY SCALE

1 2 3 4 5 6 7 8 9 10

LOW TRANSPARENCY  HIGH TRANSPARENCY

This is a scale you can use to measure the transparency of each member of your team and then discuss what may need to be improved.
CHAPTER FIVE

COURAGE

COURAGE SCALE

This is a scale you can use to measure the courage of each member of your team and then discuss what may need to be improved.
This is a scale you can use to measure the discipline of each member of your team and then discuss what may need to be improved.
CHAPTER SEVEN

INTEGRITY SCALE

1  2  3  4  5  6  7  8  9  10

LOW INTEGRITY       HIGH INTEGRITY

This is a scale you can use to measure the integrity of each member of your team and then discuss what may need to be improved.
CHAPTER EIGHT

HUMILITY

HUMILITY SCALE

This is a scale you can use to measure the humility of each member of your team and then discuss what may need to be improved.
This is a scale you can use to measure the positivity of each member of your team and then discuss what may need to be improved.
This is a scale you can use to measure the purposefulness of each member of your team and then discuss what may need to be improved.