Indicator 2-2: Self-Regard / Self-Care

- How do you ensure that you maintain a healthy work-life balance? Can you provide examples of how you manage stress and prioritize your well-being while meeting professional obligations?
- How do you balance your personal needs with the needs of your team or workplace? Can you share a time when you had to make a difficult decision to maintain this balance?
- Can you describe a time when you had to prioritize others' needs over your own? How did you manage the situation, and what did you learn from it?
- How do you unwind after a busy workday or week? How do you ensure you have time for activities that recharge you?
- How do you ensure you take time for self-care and personal well-being amidst your professional responsibilities?
- In what ways do you think maintaining personal well-being contributes to your effectiveness in the workplace? Can you give an example?
- How do you define success, and how do you balance your professional achievements with maintaining your personal well-being?
- Can you describe a time when maintaining your personal well-being positively impacted your work performance?
- How do you maintain professional boundaries to stay effective and engaged at work?

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