



Ellevest Squads Hot Seat Worksheet

Each Squad member gets one week in the Hot Seat, where the whole call is focused on her goals and challenges. This ensures that meetings aren't all small talk and that each member gets an opportunity for dedicated feedback.

In the week before your Hot Seat, you should pull out your Squad Goals Worksheet and follow up by filling out this Hot Seat Worksheet.

At least one day before the call, you should post your situations and questions from this worksheet on the Squad Group Conversation, so that the rest of the Squad can reflect on what you're facing and come with information to share.



From your Squad Goals Worksheet...

Goal One

Goal Two

Goal Three

What specific situation could you share that relates to each goal - a recent difficult conversation? A roadblock you're facing? Something you're not sure about, or a question that's keeping you up at night?

What questions could you ask the group in regards to this situation?

Is any of these a repeat theme in your life - a problem or roadblock you've faced more than once?