



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.



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 about this situation?

Can you identify any patterns or themes? Have you faced similar challenges in the past?

