## The Training Post – Spring 2025 QC Responses

## This spring, what will you GROW and why?

This spring, I am committing to being intentional in my choice of words when communicating(GOAL). The language I use reflects my personality, and it significantly influences those I interact with in my professional and personal life. I acknowledge that I haven't always been diligent in selecting effective words (REALITY), but I am determined to change that. I have a range of OPTIONs for finding the right words for my conversations, and I will actively expand this practice to all forms of communication—both verbal and non-verbal(WAY). I am fully dedicated to this growth.

## Arpita H.

## Treasury

My GROW goal is to streamline a major project involving multiple agencies by automating repetitive tasks, improving communication, and organizing workflows to ensure smoother execution. At the same time, I want to organize our office—both physically and digitally—by de-cluttering the workspace and creating a clear, efficient system. I want to do this to make the most of our time, and efforts and to help our client agencies succeed. Thanks! Marilyn W.

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