

Personal Excellence Introduction Presentation to ASQ SQD, October 4, 2011

Tue, 10/04/2011 - 17:55 — Chris

The PowerPoint presentation used at the [\[ASQ Service Quality Division\]](#) [1] conference in Seattle, WA is attached below.

An introductory session for the Personal Excellence [\[Workshop\]](#) [2] was presented.

We talked about how to focus and achieve your dreams by challenging yourself with three questions:

1. What is important to me?
2. What should I focus on?
3. What do I need to do next?

Some key takeaways from the talk included:

- Your journey starts with you.
- Write down your values and use roles to make them real.
- Use communities, roles and MARST to frame your objectives.
- Process your e-mail using the 5Ds
- It's your system - make it work for you!

To learn more about Personal Excellence try attending one of our [\[Workshops\]](#) [2], downloading our Microsoft Outlook [\[add-in\]](#) [3], and/or reading the [\[Getting Started Guide\]](#) [4].

Please login or sign up to download this and other great resources.

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- [Quality Excellence](#) [6]

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Links:

[1] <http://asq.org/conferences/service-quality/index.html>

[2] <http://ceptara.com/training/catalog/pew>

[3] <http://ceptara.com/products/organizer>

[4] <http://ceptara.com/products/organizer/documentation/getting-started-guide>

[5] <http://ceptara.com/>

[6] <http://ceptara.com/taxonomy/term/3>