



Your Team 15 for today is all about appreciations. Now I know that you're already familiar with one-page profiles, and the 'Like and admire' section that's on there. This session today is going to focus on two different ways to practice gathering information for that section, all about what people like, admire and appreciate about a person.

I think that people find it pretty hard to answer the question, 'What do your family or friends say that they love and admire about you?' And I think that's particularly hard in a group setting; we have a tendency to underplay the positive things about ourselves, and we can feel embarrassed or even big-headed about talking about this in a group and telling other people. The activities that we're going to look at today will help us to gather this information in a way that you and everyone else will feel more comfortable with.

It's always useful when we're thinking about a 'Like and admire' section to also use the word 'appreciate.' Sometimes, we don't always like people that we work with, but almost always, there's something that we really appreciate about them. So now, I want you to get your piece of paper, and I want you to help each other to stick it on your back – make sure everybody's got one on your backs – and I want you to take a pen and write on that piece of paper the things that you appreciate about the person whose back it's on. Have fun!