












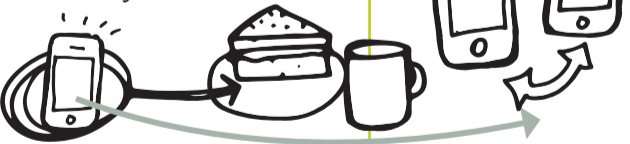



TEAM 15 • ONE-PAGE PROFILE APPRECIATIONS

AGENDA ITEM

TIME	WHAT	WHO	OUTCOME	PLEASE COME PREPARED
 15 minutes	 Practicing one-page profiles - how well do you know your person-centred thinking tools?	 Your name	 We have practiced two activities to gather appreciations.	 Read pages 3 and 4 in the 'Key Points and Top Tips booklet'. Have thought about things you like, admire and appreciate about the people in your team.

TEAM 15 SESSION PLAN - PRACTICING

HOW LONG	ACTIVITY	HOW TO DO IT	WHAT TO SAY
2 Minutes	 Practicing one-page profiles.	Introduce appreciations by showing film clip or using the script; why they are important and why they can sometimes be hard to think about for ourselves. 	 We know that you already familiar with one-page profiles. This session is going to focus on practising two ways you can gather things people like, admire and appreciate about a person. People often find it hard to answer the question 'what would your family or friends say that they like, love or admire about you' and particularly if they are asked this in a group. We usually have a tendency to underplay the positive things about ourselves and can feel embarrassed or 'big-headed' telling other people. The activities we will look at today will help us to do this in a way that people feel more comfortable with. It is always useful when we are thinking about the like and admire section to use the word appreciate as well. After all we may not always like someone we come into contact with but there is almost always something we appreciate about them.
8 Minutes	 What do we like, admire and appreciate about each other?	 Have a blank piece of paper ready for each member of the team. Give each person a piece of masking tape and a washable marker pen. Play an upbeat music track of your choice and stop when everyone has finished. Get some feedback from the group.	 Use the tape to stick your piece of paper on the back of someone else, make sure that everyone has a piece of paper on their back. I want everyone to write something that you like admire or appreciate about each other on the paper on your backs. Now have a look at what everyone said about you. Let's go round the group and share the one thing you're most pleased with.
4 Minutes	 Another way to find out what our friends and family like and admire about us.	This is a good activity to do just before a break so that people are not using their phones during the meeting. 	 Another way we can find out information for the like and admire section on a one-page profile is to ask those who know us best. I would like you to text a few people who you trust and feel close to and ask them to tell you three things they like and admire about you for a profile you need to complete at work.