

Expressing behaviours

Place a tick in the box for each contribution made by each person.



Remember the 15-second rule – if someone speaks for more than 15 seconds (and multiples of) put another tick in the box.

NAME	GIVING FEELINGS	OPEN	OTHER CONTRIBUTIONS (not Shutting Out or Bringing In)	TOTAL

- How often did people use Expressing behaviours?
- What was the impact?
- Where could Expressing behaviours have been useful in the meeting?
- How could Expressing behaviours help the group?