

How much are you interested in others?

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	SEEKING INFORMATION	SEEKING PROPOSALS	GIVING INFORMATION	TOTAL

- Add together your scores for Seeking Information and Seeking Proposals
- Calculate these as a Give:Seek ratio, e.g. If Giving Information is 40 and Seeking Information 10 + Seeking Proposals 10 = 20, the ratio is 2:1
- 2:1 or lower = Pull style (more interested in the views of others)
- 4:1 or higher = Push style (strong opinions).