

Quest: Sharing

Time required: 2h

Reward: 1 point



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Summary



What to do?

• **Present observations from the past to your work team and superior meeting:**

- a. Summarize your observations and lessons from the meeting.
- b. Share them with your team (the work team, not the group in the program).
- c. Don't miss the topic of personal aha moments and key realizations.



Why should I do this? • Reflecting

on the session will make you remember more from the module and get more value out of it.

- By sharing insights with team members, you help them grow as well.
- You will get additional views and feedback that will further enrich you.
- You will create a relationship of trust and a safe space for growth - you will show that you too are growing and

you are learning.

When am I done? (evaluation criteria)



- I called a meeting with my team and shared the content and my insights from Module 1 "The Attitude Change Trainer".
- I have openly shared with my team members and my supervisor what I have come up with regarding my personal beliefs.

Instruction



1. **Write** the answers to the following questions for yourself: a.

What do I take away from the completed module?

What did I realize that might be of interest to my supervisor and members of the work team?

b. What did I find out about the topic of my personal beliefs? What (not only) am I afraid of in communication, what possible injury and failure am I afraid of?

2. **Schedule** a meeting with your work team and your supervisor.
3. **Prepare** / outline what you want to share. The questions in point 1 can help you.
4. **Meet** and share your insights from the meeting.

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