

AWARENESS ACTIVITIES



Activity 1:

At a meeting, take notes on all the non-verbals (facial expressions, eye contact {or lack}, body language, voice tone) you notice. Write what feeling you think each non-verbal was expressing. After the meeting, check in with the individuals whose non-verbals you captured to determine whether your assumptions about what they were feeling were accurate.



Activity 2:

For one entire day, take notes every time you overhear someone affirming someone else. Note exactly what the person said and their non-verbals (smiling, eye contact, etc.). How did the person being affirmed respond? At the end of the day, make notes on effective affirmations.



Activity 3:

For one full day, notice all the new ideas, activities and processes that people come up with and jot them down. Did other people notice them? If they didn't, try pointing them out.



Activity 4:

Pick one day to pay attention to process. How are people sharing information? How are they making decisions? Are people taking time to reflect? Share what you learned about how your organization, network, and/or project conducts activities and any insights you gained from watching and noticing.



Activity 5:

One day, pay particular attention to sharing and collaborative behavior. How prevalent is sharing behavior? Collaborative behavior? Did you see opportunities for sharing and collaboration that weren't acted on? Why do you think that was so? Send out an email sharing what you learned.

