

BEYOND POLITENESS

Exercise 2



Before your peer-to-peer session starts, complete the 'theme', 'challenge' and 'focus' boxes of the worksheet to reflect on an element of your work that you think will be beneficial to have some accountability about. It often helps when you know someone else is for you and wants to support you by asking how things are going.

Part 1:

1. **Theme.** Write down the first theme you want to expose (for example it might be something practical that is concerning you such as marketing, or it might be an area of personal growth such as your attitude towards a colleague).
2. **Challenge.** Briefly describe the theme in more detail summarising the main issue, challenge or scenario you want to be accountable about.
3. **Focus.** Decide what element of the 'challenge' you want to mainly focus on as an achievable area to address.

Part2:

1. During your peer-to-peer session, share your 'theme', 'challenge' and 'focus' to give an overview of the scenario.
2. Ask for the initial response from your peers and have a conversation about it.
3. Together, decide on some sensible next steps that are achievable that you can go away with to put in place/practice.
4. Agree when you will catch up to review how things have been.

If there is time you may decide to address more than one theme during the session, or your peer(s) may want to share a theme that is relevant to them.

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Theme

Challenge

Focus

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Notes and next steps

Date for reviewing