

Box A. - Context and Description

1. What was happening at the time, and what was your role?
2. What were your responsibilities? What were you trying to accomplish?

Box B. - Insights

1. When did you feel successful? What surprised you?
2. What skills did you use?

Box C. - Responding to challenges

1. What kinds of challenges or frustrations did you experience?
2. How did you react?
3. What skills did you use?

Box D. - Importance

1. How did the experience affect you at the time?
2. How do you act or think differently as a result of this experience?



Experience 1: Time when you felt at your best.

[Refer to "Questions to think about..." handout as you take notes on this sheet.]

Box A. What happened in the experience? Write down key memories from the experience in the order that they happened.

A.

A large, empty rectangular box with a black border, intended for writing key memories from the experience in chronological order.

Box B. - Insights

B.

A rectangular box with a black border, intended for writing insights gained from the experience.

Box C. - Responding to challenges

C.

A rectangular box with a black border, intended for writing responses to challenges encountered during the experience.

Box D. - Importance

D.

A rectangular box with a black border, intended for writing the importance of the experience.



Experience 2: Time when you felt at your best.

[Refer to "Questions to think about..." handout as you take notes on this sheet.]

Box A. What happened in the experience? Write down key memories from the experience in the order that they happened.

A.

A large, empty rectangular box with a black border, intended for writing key memories from the experience in chronological order.

Box B. - Insights

B.

A rectangular box with a black border, intended for writing insights gained from the experience.

Box C. - Responding to challenges

C.

A rectangular box with a black border, intended for writing responses to challenges encountered during the experience.

Box D. - Importance

D.

A rectangular box with a black border, intended for writing the importance of the experience.



Guidelines for when you listen to the experiences of your partner...

Ask for as many details as you can about the context, what happened, and the speaker's role and responsibilities. Potential questions could include:

- What was your role at that point?
- Can you provide a little more detail about what happened?
- What was your role in comparison to the other people?

Define vague verbs, adjectives, and phrases like "important," "interesting," "I helped," "I was in charge," "I was excited." You could ask questions like, "why did you find that interesting?"

Clarify anything where you think you are making assumptions about this person's motivations or feelings. You can make statements like, "from what you have told me, it sounds like...." And then follow up with, "does this seem accurate to you?"

Listen for times when decisions were made and probe into why they made those decisions and not others. You could ask, "It sounds like you had to make a tough decision at that point? What guided you to the decision you made?"



Experience 1 Notes

Speaker Name: _____ Listener Name: _____

Key points in story:

Skills, strengths and positive qualities you notice	Example from story



Experience 2 Notes

Speaker Name: _____ Listener Name: _____

Key points in story:

Skills, strengths and positive qualities you notice	Example from story