

NLP: **a tool for the identification and change of communication behavior** which helps improves one's inner and interpersonal relationships.

Assumption- **There is no such thing as failure only feedback.**

Life teaches us by means of our mistakes.
Accept these lessons humbly and gratefully. This way you grow a lot more.

Write about ONE situation in your life, that accepting this assumption helps you look at the situation differently. That is, it helps you gain an important insight/ lesson.

Look at the following list

175 Positive Character Traits				
accessible	dependable	honest	passionate	sensible
adaptable	determined	humble	patient	sensitive
adventurous	dignified	humorous	peaceful	shy
affable	diligent	idealistic	perceptive	sincere
affectionate	diplomatic	imaginative	persistent	skilful
agreeable	disciplined	impartial	personable	sociable
ambitious	discreet	incisive	persuasive	solid
amicable	dynamic	independent	pioneering	spontaneous
amusing	easy-going	innovative	placid	sporting
articulate	educated	insightful	plucky	stable
balanced	efficient	intelligent	polished	steadfast
benevolent	eloquent	intuitive	polite	stoic
brave	empathetic	inventive	powerful	straightforward
bright	encouraging	invulnerable	practical	strong
brilliant	energetic	keen	precise	suave
broad-minded	enthusiastic	kind	principled	subtle
capable	exuberant	liberal	profound	sympathetic
captivating	fair	logical	protective	tasteful
careful	faithful	lovable	prudent	thorough
caring	fearless	loving	punctual	thoughtful
charming	firm	loyal	quick-witted	tidy
clear-headed	flexible	magnanimous	quiet	tolerant
clever	focused	mature	rational	tough
compassionate	forgiving	meticulous	relaxed	unassuming
confident	frank	moderate	reliable	uncomplaining
conscientious	friendly	modest	reserved	understanding
considerate	funny	neat	resourceful	upright
courageous	generous	non-authoritarian	responsible	versatile
courteous	gentle	obedient	responsive	vivacious
creative	genuine	objective	romantic	warm
curious	gracious	open	scrupulous	well-read
daring	gregarious	optimistic	secure	well-rounded
decent	hard-working	orderly	self-confident	willing
decisive	helpful	organised	self-disciplined	wise
educated	heroic	original	selfless	witty

LIVEWORKSHEETS

Who are your team members? What are the strengths (2-3) of each one of you?

Name:_____ Strengths:

Name:_____ Strengths:

Name:_____ Strengths:

Name:_____ Strengths:

Write about your own past experience (good or bad) as a team member.

As a result of your experience, what are your current expectations of the group? Share it with them.

LIVEWORKSHEETS

Forming a Group Contract

Expectations (Ground rules)

Discuss the following subjects with your group members:

1. Preparation for meetings, attendance at group meeting

frequency of meetings, duration of meetings, communication.

2. Behaviors that is expected of all group members (that are crucial the group's effectiveness.

3. Assignment of specific tasks, roles and responsibilities along with due dates

4. An agreed-upon method for peer feedback during the project so that problems can be addressed.

Assigning group roles (you can assign other roles too)

*All the group members write, brainstorm and present the project.

1. leader- leads discussion, encourages group members, summarizing the group's ideas and comments, checks for consensus or questions.
2. Organizer- schedules meetings, keeps the project on track, takes notes at meetings and sends everyone afterwards.
3. Editor- compiles different pieces of presentations from group members to create "flow".
4. Reasearcher- presents sources and information to the group.

LIVEWORKSHEETS

A Group Contract

Write down **3-4 rules** which you all group members agree upon.

1.

2.

3.

4.

5.

Signature/s:

Assigning group roles:

1. Name: _____ role _____
2. Name: _____ role _____
3. Name: _____ role _____
4. Name: _____ role _____

Feedback

At the end of the project, all group members will write me a feedback of their your project. Learn how to give feedback:

LIVEWORKSHEETS