

# Group Exercise

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## Individual Thinking

For the next 5 minutes, think about three current processes that create or sustain motivation.

Share these with your group along with the one new thing that you want to try and implement.

## Round Robin 1

Over the next 20 minutes, go around your group and share three motivational processes you use on your team and how effective it's been so far.

Spend around 3 minutes per person on this round-robin.

Make sure everyone in your group gets the opportunity to speak uninterrupted.

## Round Robin 2

Over the next 30 minutes, individually share the one new process you want to try on your team.

Once each person has shared their choice, poll your council to see who has tried this before and their findings around it or brainstorm how to make it successful.

Spend 5 minutes per person sharing your chosen new process and receiving feedback.