

Strength Spotting – What Energizes you?

Think, Pair & Share

Choose an element of your course, or a job you have had, or a piece of experience/voluntary work and.....

Volunteer – share
something that
energises you for
2 mins

Observer – take
notes on what
you see and
hear (vocab,
body language
etc)

What drains you....?

Same volunteer –
share something
that **DRAINS** you
for 2 mins

Same observers –
take notes on what
you see and hear