

## ACKNOWLEDGEMENT EXERCISE

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Split into groups of 3-5 with the people you work most closely with. One person (A) goes first and spends 1 full minute answering question 1 - "What I bring to the team is..". Then each team member spends 1 minute each saying what they appreciate about person A. Move on to person B. and so on. Have someone take notes on the page below so each person can refer back to what was said. There is no need to overthink it, just start speaking whatever comes to mind.

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1. What I bring to the team is... (What is your contribution to the team; not just your skills, but your essence or character?)

2. What my team appreciates about me is... (Each team member has a chance to acknowledge your unique contribution.)