



Pre-Meeting



**selfie!**

Questions to Reflect on about Yourself and  
How You Would Like to Show Up in Meetings

## A Snapshot of How You'd Like to be in the Meeting

How would you like to feel during and after the meeting-what might you do to help these feelings to be realised?

Is there something that is important to you in terms of the tone or energy you bring to the meeting?

is there anything you would like to hold on to as being important to you to bring to the meeting? Is there something that you might want to let go of, either before or during the meeting?

If you're certain you're right, what might help you to stay curious in your listening, so that you can test out assumptions and press pause on any judgements and consider other perspective?

What might help you to stay listening when you want to go talking?

If you find yourself having strong emotions during the meeting, be it a feeling of wobbliness or irritation, what do you know about how your emotion might be experienced by others?

If you do experience strong emotion, are there a couple of different strategies you could have to hand to help you in these moments?

Is there anything that is important to you in terms of how the meeting ends? How might you share this with the person/ group?