

Thinking Environment: Practical Meetings

Before answering these reflection questions for yourself, please go through today's podcast and visit the following links:

- **Thinking Environment Meetings:** <http://leadershipforchange.org.uk/wp-content/uploads/Time-to-Think.pdf>
- **GROW Model:** https://www.mindtools.com/pages/article/newLDR_89.htm
- **Z-Model:** <https://medium.com/@ericgriggs/the-z-model-for-deciding-planning-f764d3587e32>

Then reflect on the following:

- 1) What are the rules of engagement you and your team can put together for your future meetings?
- 2) How can you start to implement the GROW model?
- 3) How can you really get to know your employees, what they value and what their strengths are?
- 4) What are your main insights from this week's Podcast series?
- 5) What will you start doing differently going forward?