

## **Two Sides of the Coin**

### *Self-management*

#### OUTCOME

Manage one's inner states during discourse.

#### PROCESS

- Direct members to write one word on a 3 × 5 card indicating how they want to feel at the end of this meeting.
- Next, on the other side of the card, members write a short phrase or “self-talk” that they will use to guide their choices and attain their outcomes.
- In small groups and in round-robin fashion (one speaker at a time with no responses or comments from others) members share side one of their cards.
- Next, in round-robin fashion (one speaker at a time with no responses or comments from others) members share side two of their cards.

#### TIPS

- After about an hour, invite members to examine their cards and in small groups, report in round-robin fashion (one speaker at a time with no responses or comments from others) their goal, strategy and current progress.
- At the end of the day, members may, in small groups, reflect on their strategies, outcomes, and transferable learning.