



Assessment

Feedback in Pairs (15 mins)

First, pair up with someone from your team. Begin with a moment of silent reflection on how your partner contributed to trust during the session. Then, take turns sharing your thoughts using these three prompts:

- *“You contributed to building more trust in the team when you...”*
(Describe a specific action or moment.)
- *“Something I’d like to see more of in you is...”*
(Focus on a concrete behaviour or quality.)
- *“What I wish for you in future teamwork is...”*

The person receiving feedback listens without responding. After hearing all three prompts, they may reply with one of the following:

- *“What touched me was...”* or *“What resonates with me is...”*
- *“What I take with me is...”*

Afterwards, switch roles and repeat.

Individual Reflection (10–15 mins)

Then, write a short individual reflection using the following prompts:

1. Which words from others stayed with you?
2. What did you learn about your role in building trust within the team?
3. How did you apply the principles of Nonviolent Communication?
4. What would you like to practise or strengthen in future team settings?