



## At my best

Type: Team  
Card Side: Words  
Duration: 15–20 mins

### Why do it?

Strengthen relationships within a team and help individuals to better understand their strengths through sharing feedback and positive insights with each other.

### What you'll need:

A full pack of At my best® strengths cards for each person (or one pack between 2).

### Tell us...

Do you have any suggestions about this exercise? We'd love to hear your ideas for making it even better or adapting it to suit particular circumstances or audiences.



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## Quick-fire feedback

1. Arrange everyone around a table or in a horse-shoe shape.
2. Explain that you are all going to give feedback to each other in turn.
3. Begin with the person to your right – ask everyone to think about that person and quickly sort through the words on their cards, choosing a word they associate with that person at their best.
4. Once they have found a word each person should hold it up so that everyone else in the group (including the person that the feedback is about) can see the word.
5. Once everyone is holding up a word, quickly go around the group and ask each person in turn to explain, in one sentence, why they have chosen that word.
6. Once everyone has shared their word for that person, move onto the next person and repeat the exercise.

**Tip:** This is a good energiser exercise, good for part way through a session when everyone is feeling comfortable but you want to raise energy levels. It should be fast-paced, focusing on generating a lot of appreciative feedback and positive energy and emotion quickly.

**Note:** If you are short on packs of cards, you can use one pack between two people. Simply divide the pack in half (cards 1-24 – orange numbers for person 1, and cards 25-48 – grey numbers for person 2)