

## **Feedback cups – a team development activity**

Divide enough sheets of A4 into equal six sized sections to allow a card for each member of this team including yourself.

Next write the names of each team member on a card – yourself included.

Find a space to work in, and on the other side of each card write:

1. At least one thing you have seen that person do that really helps your team.
2. One piece of advice that in your view will help that person improve their effectiveness as a team member.

Then when we are all ready, put your completed cards in the cups of each of your colleagues.

When you have each received your cup full, take a flip chart and record the contents so we can all see and discuss any issues that this feedback prompts.

Keep your learning points sheets handy – there should be plenty here!.