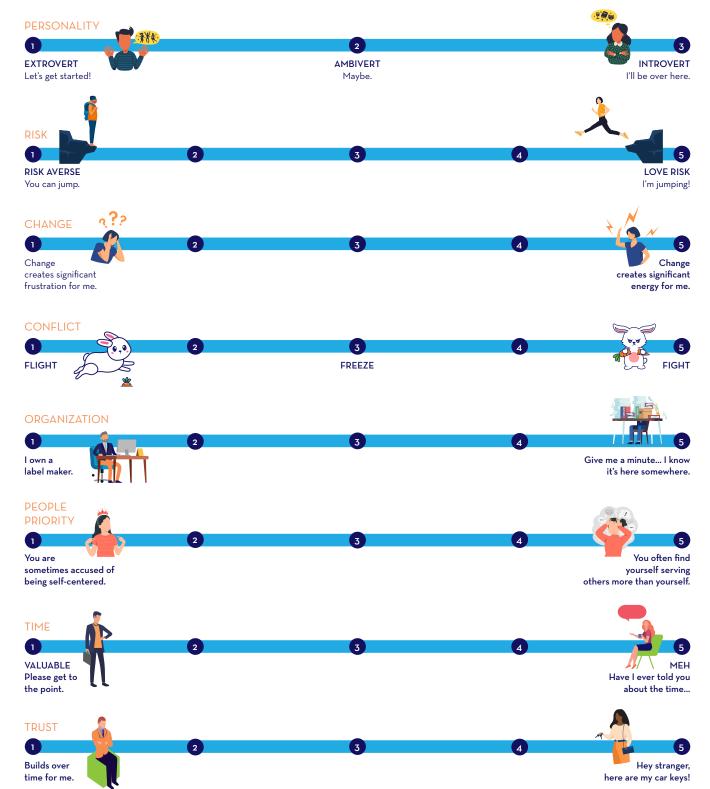
TOOL: THE PLACEMAT PROCESS

NAME:

Authentic Buffalo: A Process to Speed Trust & Increase Authenticity

EXPECTATION: Score the following with true honesty so that you can advocate for yourself and increase your ability to be authentic and courageous with people alongside you.



MOTIVATORS

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VALUES

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FRUSTRATIONS

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•

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NEEDS

Authentic Buffalo: A Process to Speed Trust & Increase Authenticity

EXPECTATION: Honestly share your current point of view on the following and describe what is going well and what needs to change.

I AM RESPECTED 2 3 4 **RARELY SOMETIMES ALWAYS** I AM HEARD 5 3 2 **RARELY SOMETIMES ALWAYS** I AM APPRECIATED 3 2 **RARELY SOMETIMES ALWAYS** I FEEL LIKE I BELONG 2 4 3 RARELY **SOMETIMES ALWAYS** I AM AUTHENTIC 3 2 5 RARELY **SOMETIMES ALWAYS** Δ NORMS TO SUPPORT OUR AUTHENTICITY

10 TIPS FOR WORKING WITH ME



		SMART PHINKING
1.		:
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
TIPS FROM SOMEONE WHO LOVES ME		