



## Session Tracker

Name: \_\_\_\_\_ Date: \_\_\_\_\_

When you have a positive experience of a session the desired outcome will be more attainable. So, actively collaborate to create this.

With regard to today's session, tick the box that best describes your experience.

|                     | Not at all | A little | Moderately | A lot | Extremely |             |
|---------------------|------------|----------|------------|-------|-----------|-------------|
| I felt listened to. | 0 .        | . 1 .    | . 2 .      | . 3 . | . 4       |             |
| It was helpful.     | 0 .        | . 1 .    | . 2 .      | . 3 . | . 4       | Total Score |

*Experience wellbeing in every moment.*

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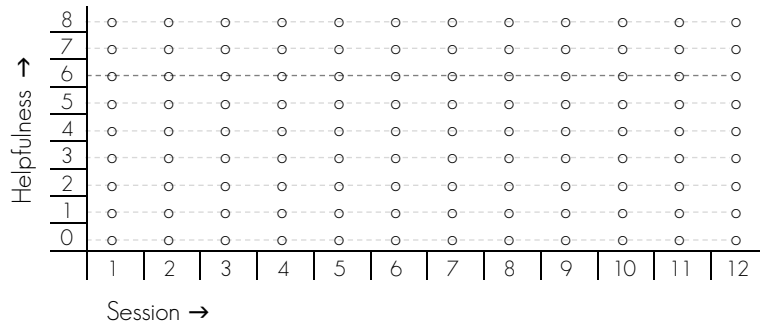


# Session Tracker

Name: \_\_\_\_\_

Session: \_\_\_\_\_

Start Date: \_\_\_\_\_



*Feedback is a safe conversation about something important.*

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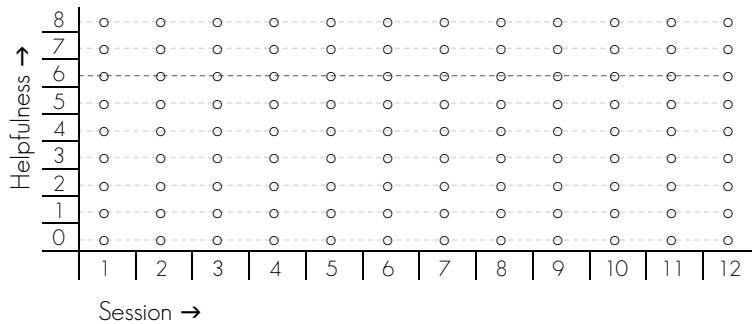


## Session Team Tracker

Team: \_\_\_\_\_

Session: \_\_\_\_\_

Start Date: \_\_\_\_\_



Consult as a team and think of a small, practical step you can take to improve your team score.

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### *Instructions*

Step 1: Answer the questions on the Tracker.

Step 2: Add up your total score.

Step 3: Plot your total score on the chart.

Step 4: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

### *Tips*

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between “Moderately” and “A lot” then put a mark between them and score it as “2.5”.
2. The most important thing is that whatever way you use this Tracker use it in a way that feels right to you - that’s the key!

### *Instructions for Team Trackers*

Step 1: Add up the team's total scores. Calculate the average by dividing this number by the number of members of the team.

Step 2: Plot the average on the chart and reflect on your progress as a Wellbeing Team. If the team feels it would be helpful you can also chart the highest and lowest scores as well as the average.

Step 3: Consult as a team and come up with ideas to improve the score on the chart by one point.

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