

3.4 Discovery exercise

This phase is about the work; to appreciate the best of what is. You are invited to think of those times when you have a sense that it is working well, when you feel most effective, engaged and productive. In doing this the aim is to uncover the unique factors that made these high points possible.

Work in pairs to share a story about the theme below, one person telling their story and other person listening and interviewing. Swap after 10 minutes.

What has been your best experience of (insert theme), a time when you felt that it worked well for people?

Some useful questions to ask each other.

- What's really important about this experience? What do you value most?
- What made this experience possible?
- When things are working at their best in relation to keeping people at home what does it look or feel like?