

## What gives you energy after this meeting?

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| Short description          | A short reflective check-out where participants share what gives them energy after the meeting. |
| Objectives                 | To close positively, increase awareness, and strengthen group cohesion.                         |
| Duration                   | 5–10 minutes  |
| Social form                | Plenary   |
| Materials and organisation | None, or optional emoji cards.  |
| Preparation                | Choose a work form (lightning round, emojis, categories, stand-up).                             |

### Step-by-step description

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|  | <ol style="list-style-type: none"> <li>1. Introduce the main question: 'What gives you energy after this meeting?'</li> <li>2. Let participants share one word or sentence.</li> <li>3. Let them choose an emoji.</li> <li>4. Let them choose a category: Content, Process, Relationship.</li> <li>5. Optional: Stand-up check-out with statements.</li> </ol> |
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