

Project Name	Yes And
Required or optional?	Optional
Number of points	2
Due	1 week before next session

1. List five examples of you using "Yes And" and the result of using it each time.
2. At least one example must be from work, and at least one must be from a personal situation.
3. Each of the five must meet one of the following criteria. It must:
 - a) Alleviate a conflict (and/or)
 - b) Redirect a conversation (and/or)
 - c) Generate creativity (and/or)
 - d) Build relationship (and/or)
 - e) Lift morale

To earn your points:

- 1) list the names of the people in the conversation
- 2) whether work-related or personal
- 3) which criterion the Yes, & intervention met
- 4) and the result of your intervention