Check In

1. Frame the Field

State your questions (content & emotion)

Share/dump

Popcorn style

"Take your time, not some else's"

2. Show & Tell

Facilitator starts first....

Answer all check-in questions
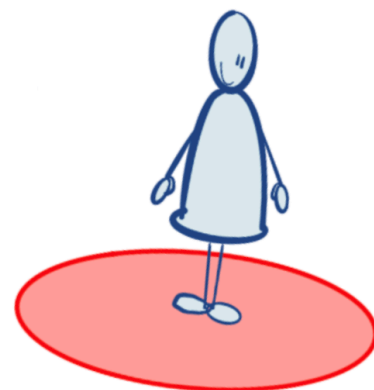
Openly & vulnerably

3. Hold Space

Intervene when needed:

"We agreed for this to be a share/dump"

"Let's be mindful of the time for others to speak, what is it you really want to say?",

4. Summarize

Give back neutrally

"Did everyone get a chance to contribute?"

"I hear there is....and there is als...."

Check-in based & inspired by the Lewis Deep Democracy Method