

Candidate Worksheet 1.10

Observe a leader delivering a session. Answer the following questions and feedback to the rest of the group.

- **Did the session have a clear aim?**
- **How did the leader introduce the session?**
- **Did the leader give clear and brief instructions?**
- **Did the leader communicate to participants during the session?**
- **Did the leader provide encouragement to the group as they were working?**
- **Was the leader assertive in giving instructions (for example, stopping the group)?**
- **Did the leader use hand signals and good positioning?**
- **Did the leader stick to the session plan? If not, why, and how did they adapt the session?**
- **Did the leader keep control of the group?**
- **How did the leader bring the session to an end?**
- **Did the leader evaluate the session with the participants?**