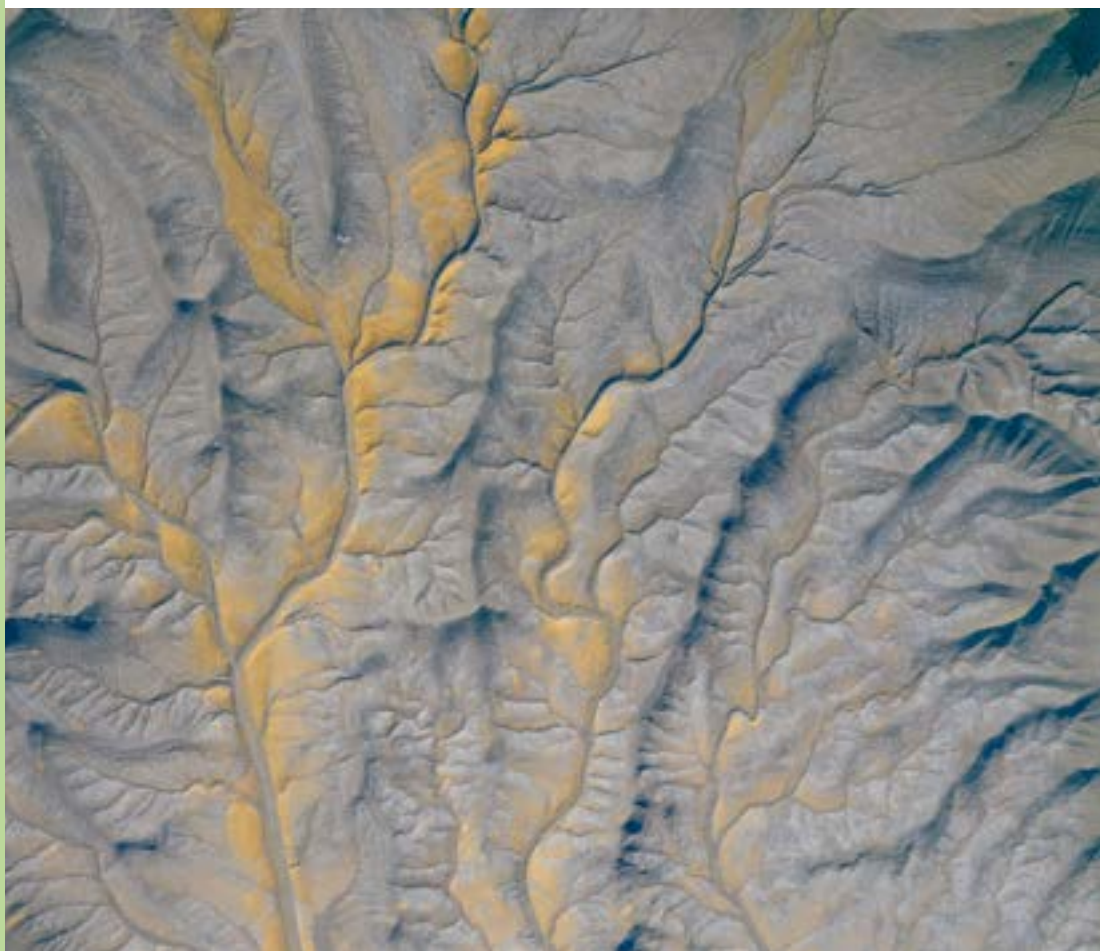


## The Practice of Reviews

# Conversing with the Adult



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## Conversing with the Adult

Please use this document to help you prepare for upcoming reviews or appraisals. The questions will support you to think through the optimum state you would like to be in for conducting the review.

**How do I want to show up in the role of appraiser?  
(Consider: how you want to greet the person, how you want to build rapport and manage your body language)**

Type your answer below

**What state do I want to be in?**

**(For example: do you want to be relaxed, assertive, present, calm etc?)**

Type your answer below

**What state do I want to encourage in the appraisee?  
(For example: open, receptive, engaged etc)**

Type your answer below

**How will I do this?**  
**(Consider: BPM and adult communication)**

Type your answer below

**How do I want us both to leave the interaction?**

Type your answer below