

Participant Preparation Sheet

Throughout the training you will have the opportunity to apply **Crucial Conversations** principles and skills to real life challenges you may be facing. To make your training experience as beneficial to you as possible, you should come prepared with a few potential **crucial conversations** in mind that will help you fully apply the skills you will learn, and measure the effectiveness of the training.

Part 1

Consider some of the chronic problems or barriers you face in your relationships, teams, or organization. Use the following questions to help you explore the possibilities.

- What bad results would you like to fix?
- What good results are you currently unable to achieve?
- What problem are you always trying to fix?
- What do people gripe about? What do people complain about at home and at work?

Write down your lists for your professional life and your personal life.

Chronic problems or barriers in my Professional Life

Chronic problems or barriers in my Personal Life

Part 2

What are the moments when you experience some sort of challenge and know you need to respond in an appropriate, effective manner (like holding a productive conversation), but end up responding in a different way and doing less than your best? Write down your lists of these *crucial moments* in your professional life and your personal life.

Crucial Moments in my Professional Life

Crucial Moments in my Personal Life

Part 3

Now consider conversations in your professional life and personal life that you're either dreading, or avoiding altogether, but if you learned how to step up to and handle well, would improve results significantly. List them below.

1.

2.

3.

Bring this worksheet with you to your training to learn the principles and skills that will help you improve results and hold even your most difficult crucial conversation.