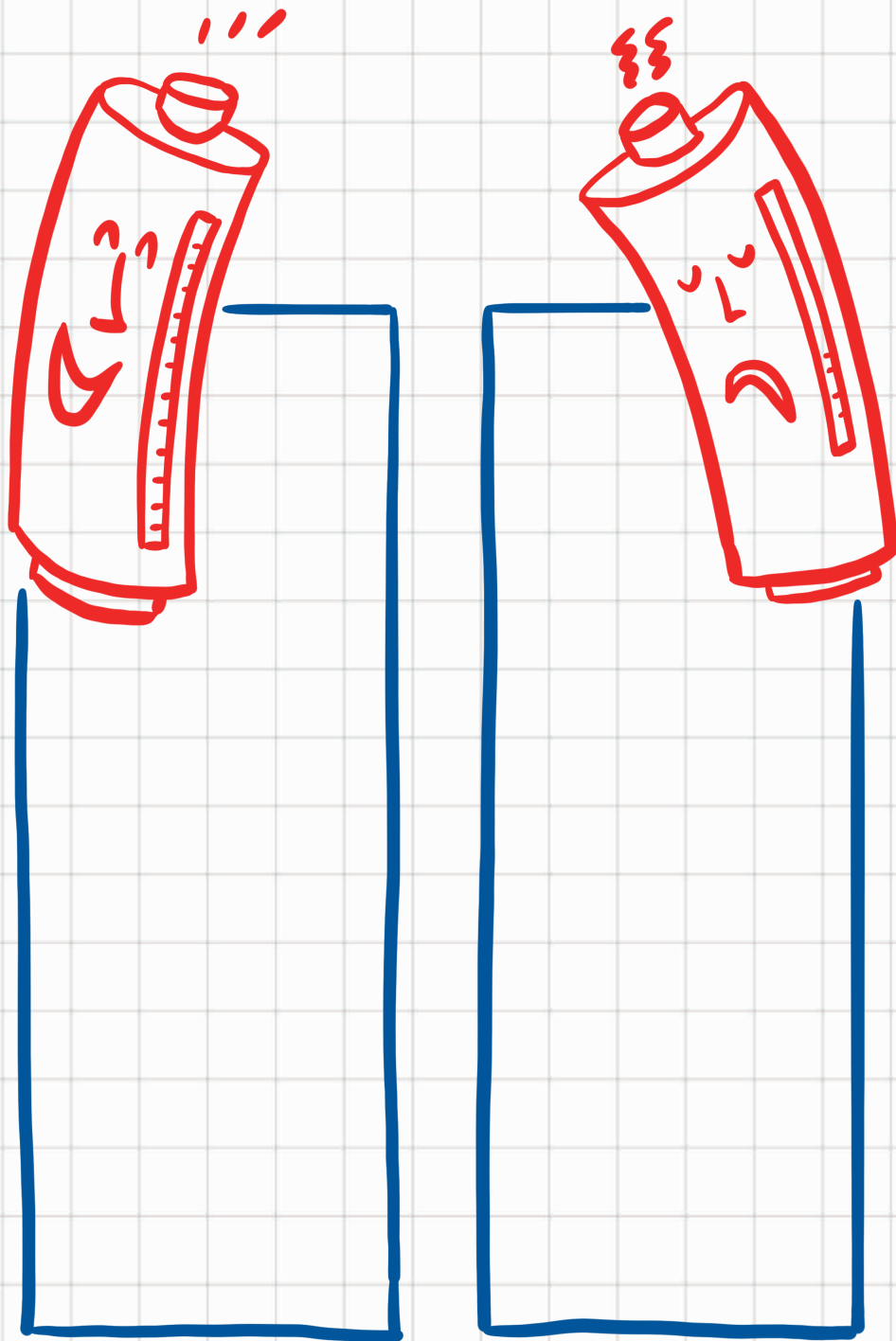


# AFTER-SESSION ENERGY



# Check-out: feeling the energy around me

End your meeting on a positive note and check-out together. What is your energy level after the meeting? Which part did you find energising or draining?



The check-out aims to understand everyone's energy level after the meeting and to identify which parts they found energising or draining.

This practice fosters reflection and continuous improvement, ensuring all participants leave the meeting feeling heard and valued.

Ask yourself these questions:

- What energised you?
- What made you feel good?
- What felt effortless?
- What drained you?
- What took longer than you thought it should?
- What issues did you face?

The batteries symbolise both negative and positive aspects, illustrating the energy level.



Pro tip: Encourage participants to reflect on their experiences during the meeting and share them. This can be achieved through targeted questions that address both positive and challenging aspects. This template can also be used after a sprint.



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Did you know that edding flipchart markers can be left uncapped for days or even weeks without drying out? Thanks to cap-off technology, these markers remain usable even if the cap is left off.

