

Do I Need to Attend this Meeting?

- Will my support at the meeting help the team member? Did they request that I come to the meeting?
- Will my presence at the meeting cause power in that meeting to be shifted away from the team and toward me?
- Will the team member gain confidence or learn something new about themselves if they attend the meeting alone?
- Why am I not trusting the team member to lead the meeting on their own? What training or support can I give them, so I don't worry about this anymore?
- Will attending the meeting on their own support the team member in improving relationships with the people in the meeting?
- Will attending the meeting alone support the team member in advancing their own skills?
- Does my attending the meeting match our organizational values? My own leadership values?

Potential Benefits?

- If they attend the meeting on their own, will this open more of my time? More of my time in the future?
- How does not attending the meeting support my day and the work I need to get done?
- How does not attending the meeting affect how I will interact with other people during my day?
- Why do I think I am so important to this meeting? Why am I needed in this meeting more than the person who is already attending?