

READ THE ROOM

Before you ask people to do more, notice what they are already navigating.

Rooms are always communicating. Use this check before a class, meeting, workshop, conversation or event to notice the conditions shaping the moment.

THE MOMENT I AM READING

WHO IS IN THE ROOM?

WHEN AM I CHECKING?

CONDITION	WHAT TO NOTICE	MY READ OF THE ROOM
ENERGY	What is the pace and emotional temperature? What are bodies and faces communicating?	☐ Flat ☐ Steady ☐ Charged ☐ Scattered What else do I notice?
CLARITY	Do people understand why they are here, what matters and what happens next?	☐ Unclear ☐ Mixed ☐ Clear What else do I notice?
PARTICIPATION	Who is contributing, dominating, withdrawing or disappearing from the moment?	☐ Concentrated ☐ Uneven ☐ Shared What else do I notice?
BELONGING	Does it feel safe to ask a question, disagree, make a mistake or need something different?	☐ Guarded ☐ Tentative ☐ Open What else do I notice?
ENVIRONMENT	What are the sound, light, layout, timing, temperature and sensory load communicating?	☐ Distracting ☐ Neutral ☐ Supportive What else do I notice?

WHAT IS THE ROOM ASKING FOR?

☐ More energy
 ☐ Less stimulation
 ☐ Greater clarity
 ☐ A pause
 ☐ A different invitation
 ☐ Something else

ONE CONDITION I CAN CHANGE

WHAT I HOPE BECOMES EASIER

REMEMBER You do not need to fix the people in the room. Start by changing what the room is asking them to navigate.