

## I've Noticed ...

Number of People	Approximate Time	Items Required
Unlimited number	15 to 30 minutes	—

This exercise works best when participants have been involved in a previous workshop and asked to change behaviors. There are two variations:

1. Have each person identify one change he or she has noticed in another person.

**OR**

2. Have each person identify one change he or she has implemented since the last team building session.