



|           |  |  |  |  |  |                            |                            |                            |                            |                            |                            |                            |                            |
|-----------|--|--|--|--|--|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <b>10</b> |  |  |  |  |  | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 2   | GR 1 /<br>Sh 3 /<br>FB 2   | GR 1 /<br>Sh 4 /<br>FB 2   | GR 1 /<br>Sh 4 /<br>FB 2   | GR 2 /<br>Sh 4 /<br>FB 2   | GR 2 /<br>Sh 4 /<br>FB 2   |
| <b>11</b> |  |  |  |  |  |                            |                            | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 2   | GR 1 /<br>Sh 3 /<br>FB 2   | GR 1 /<br>Sh 4 /<br>FB 2   | GR 1 /<br>Sh 4 /<br>FB 2   |
| <b>12</b> |  |  |  |  |  |                            |                            |                            | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 2   | GR 1 /<br>Sh 3 /<br>FB 2   | GR 1 /<br>Sh 4 /<br>FB 2   |
| <b>13</b> |  |  |  |  |  |                            |                            |                            |                            | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 2   | GR 1 /<br>Sh 3 /<br>FB 2   |
| <b>14</b> |  |  |  |  |  |                            |                            |                            |                            |                            | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 1.5 | GR 1 /<br>Sh 3 /<br>FB 1.5 |

**GR = Go Around time**  
**Sh = Share time**  
**FB = Feed back time**

**Example: 7 people and 75 minutes available** Each person gets 3 minutes for the Go Around, 4.5 minutes for Shares, and 2.5 minutes total for receiving Feedback and stating how s/he feels.  
Note that each time allocation also includes 0.5 -1 minute "Overhead".  
Overhead = time for explanations, interventions, waiting for someone to share, etc.