



ROLE-PLAY / REHEARSAL

Role-Play / Rehearsal

SMART meetings are safe places to role-play. Other people act the parts of the people you anticipate will challenge you in high-risk situations. The meeting facilitator can help set up a role-play.

Here's a sample:

- Show your role-play partner how you think a difficult person will behave.
- Your partner plays the difficult person while you play yourself in the situation.
- Once you finish the scenario, swap roles, and do it again.
- The people watching the role-play can then show you how they might handle the same situation differently by playing your part.

Consider role-playing challenges associated with events like holiday parties, weddings, and other special events.

