Individual reflection on meeting co-design capabilities

For each of the co-design capabilities, choose the response that best suits your current attitude.

Individual behaviours	Always	Sometimes	Never
Collaboration capabilities			
Balancing power			
I acknowledge everyone's contributions and lived experience as equal			
I seek the views and experiences of others			
I let go of, and let in, power			
I approach the collaboration with compassion and care for others			
Challenging assumptions			
I am sensitive and understanding when resolving conflicts and disagreements			
I listen and value everyone's views and ask about their beliefs and assumptions			
I take time to understand and question my own assumptions and beliefs			
I reflect on collaborating with others to understand what is working well and not working well			
Creating and enacting a shared vision			
I ensure there is shared understanding about the way we are working			
Openness capabilities			
Curiosity			
I am non-judgmental, curious and respectful			
I am able to ask difficult questions in a considerate way			
I am enthusiastic about change and I don't have existing solutions			
I explore opportunities to the fullest			
Responsiveness			
I am open to feedback from everyone in the co-design team			
I am able to change my course of action based on experiences and data in a purposeful and thoughtful way			
Transparency			
I speak with meaning and passion			
I always share all information whether it is good or bad			
I am consistent in my messaging			
I am able to show vulnerability and share power			

Individual behaviours	Always	Sometimes	Never
Respect capabilities			
Valuing diversity and individuality			
I am understanding and I value individual differences			
I am empathetic and non-judgmental			
Communicating openly			
I listen to understand in the spirit of working together			
I ask questions to get people to think about the impact on others			
I can share my experiences and ideas without fear of judgement			
Empowerment capabilities			
Commitment to the process			
I am present physically and mentally			
I make time and resources available to support the co-design process			
I am open to a different way of collaborating and ask questions if I am unsure			
I am motivated to see a service improvement			
Setting expectations			
I am clear about the objectives, roles and responsibilities of all individuals participating in the co-design process			
I recognise my strengths, boundaries and vulnerabilities			
Knowledge of co-design			
I understand the process			
I know how to apply the method appropriately using relevant tools and techniques			
I support the principles of co-design			
Accountability			
I am responsible for my own actions and will be proactive in addressing risk			
I am accountable to the people in my co-design team			
I am accountable to the outcomes of the co-design process			