

# Spot One Signal

Today you learned to recognize how stress shows up, not as one bad day, but as a change in a pattern. Before Day 2, we'd like you to try this with one real person on your team.

## 1 YOUR TASK

- **Choose one team member** you'd like to pay closer attention to.
- **Notice one concrete signal** over the coming weeks, a change in energy, in social behaviour, or in the quality of their work.
- **Write it down**, in a sentence or two. Not to judge it, not to fix it yet. Just to notice it clearly.

## 2 WHAT TO LOOK FOR

### Energy

Someone who was proactive becomes withdrawn. Or the opposite: someone calm becomes restless.

### Social

Less present in the team, more tension, or more isolation than before.

### Work quality

More mistakes, more procrastination, or a growing need for control.

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*Look for a pattern, not an incident. One difficult day tells you little. A change that lasts tells you a lot more.*

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## 3 BRING THIS TO DAY 2

Come to Day 2 with what you noticed, in a sentence or two. **We'll use it as real material** to practice the conversation itself, so it's grounded in your own team from the start.