Assertiveness Role Play: Additional Scenarios

Scenario 1

You are in a team meeting as a team member (not the leader). Another team member, Barry, is talking at length again. He goes into far too much detail, is rambling, and his comments go far past the point of being of value. He becomes redundant. Barry is one of the nicest guys on the team. He has no idea, it appears, that his communication style drives you and everyone else crazy.

Are you going to say anything at the meeting? If so, what would you say? (Your partner will role play Barry).

Would you wait and speak to Barry after the session, in private? If so, what would you say? (Your partner will role play Barry)

If you would do neither, explain what you would do/not do and your rationale and discuss it with your partner.

Scenario 2

You are a member on a team, not the team leader. A team member failed to complete an important part of the project on time and your work and deadlines are contingent upon this work being completed on time. Now you’ll have to burn the midnight oil if you are to meet your timelines and you are concerned that because of the short time frame, the quality of your work will suffer. It will definitely be a crunch.

Are you going to say anything to your team mate who failed to complete on time? If so, what would you say? (Your partner will role play this team member).

Would you wait until you completed your work and then speak to your manager about your concerns, but not address your team mate? What would you say to your manager? (Your partner will role play your manager)

If you would do neither, explain what you would do/not do and your rationale and discuss it with your partner.
Additional Scenarios

If you would benefit from additional ‘assertiveness practice’, here are some additional scenarios you could use. The best scenarios will be the ones you draw from your ‘real’ situations, at work or personally. Ask a trusted colleague to role play with you.

You are talking with someone about something you feel is important, but he/she doesn’t seem to be listening. (Would your words be different if the person is your boss? Significant other? Friend? Family member?)

The meeting is long and confusing. You have some questions and some challenges to what is being presented. No one else has spoken a word throughout this lengthy presentation.

During meetings, one team member constantly interrupts you. It feels that the person is challenging and/or undermining you.

Your idea is shot down in a meeting but one group member’s remarks were personal, unjust, and definitely pushed your buttons.