**Amander’s\* Levels of Participation Significance (ALPS)**

**This tool can be used for gaining feedback from any meeting, event or piece of work you do (or ’expedition’). It can be handed out at a meeting and the results shared, or taken home for self- reflection, which you can choose to share or not.**

1. **Please score your gut feeling experience of this expedition on the mountain graph below.**



1. **Please use the space below to reflect on any 'mountain tools' gained, for example new knowledge or good practices you experienced.**
2. **Please use the space below to reflect on any 'avalanches' or negative experiences.**
3. **Are there any places where, ‘a pull up’, help or advice from your fellow climbers, would have eased your climb.**
4. **Please think of any ‘base camps’ you could build, so as you need not start from the bottom each time (use the answers from 2, 3 and 4 to help inform this).**