

Day of Team Health

Trust falls, blindfold walks, and team dinners will not improve your team. Our Day of Team Health will! Often teams are so busy working they neglect to examine how they are working. **Whether your team is moving from good to great or escaping dysfunction, our Day of Team Health will help your group notice and discuss how it's working and consider changes it might need to make.**

Prior to your Day of Team Health workshop, your team will complete a team assessment. This dynamic and engaging workshop starts with a team challenge. After completing the challenge, the group is invited to reflect on how the team worked together to address the challenge and how it might work in similar challenges going forward. Then the team will review a team-based assessment to uncover strengths and areas for improvement. The team identifies topics to work on (e.g. improving transparency, agility, decision-making, etc.) and how it might improve after the workshop.

Throughout the day, the team is invited to reflect on how it is working within the workshop itself. Two post-workshop team coaching calls help identify or reinforce new team practices. Post-workshop consulting calls with the team leader help the team move forward.



Who should attend?

Any existing team where team members need to work together.

- * Executive or leadership teams
- * Function teams (Operations, HR, IT, etc.)
- * Project or product teams
- * Cross-functional teams
- * Virtual teams

Teams will:

- Learn their current strengths and developmental areas
- Understand how the team works together
- Learn how to improve the team continually while doing every day work
- Make plans for maintaining strengths and/or improving development areas

What's included:

- A team assessment (Custom Insights or 5 Dysfunctions of a Team)
- A kickoff call
- Full-day team development workshop
- Two post-workshop team coaching calls
- A post-workshop leader consultation session
- Suggested tools or processes to address particular needs



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AGENDA

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Team Challenge

Introduction

360 Report Debrief

Identify Focus Areas

Lunch

Addressing Focus Area One

Reflection on How We Work

Addressing Focus Area Two

Planning Next Steps

Appreciative Close

What does
the data
say?

Teams that engage in
team-building activities show a
**performance improvement
of up to 25%**

*American Psychological
Association (2017).*

Teams that undergo
structured team-building
sessions see a
19% productivity increase
*Team Performance
Management (2015).*