

CREATE COHESIVE TEAMS

How to boost trust &
connection with your team

BODNY



_For you, if...

- You feel that your team lacks a spark
- You want to improve communication
- You want to enjoy working with your colleagues

Try This! _Quickies

5min



Dare to ask yourself!

If you want to know how well you are doing with your team, start by creating a space for reflection. Here are some questions that may help you to explore how you are doing...

ON TRUST

How good are your team members at admitting their mistakes and acknowledging their weaknesses to one another?

ON CONFLICT

Do you feel that your team members offer unprovoked, yet constructive feedback to one another?

ON ACCOUNTABILITY

To what extent do team members question each other about their methodologies & approaches?

If you are interested in conducting a survey based on the 5 Dysfunctions of the Team (Trust, Conflict, Accountability, Commitment, Results), [get in touch now!](#)



B Give in order to receive.

Our human relationships are based on a few simple pillars. Among these pillars, you will find love (or caring), communication and trust. You may think that trust is established over time, in a natural manner. To some extent that is true, yet we can be proactive about creating deeper levels of trust. By doing this, we create stronger bonds in our team, a culture of helping each other out and going the extra mile.

What elements make you trust a person?

Is that somehow different at work?

What do you need to see or hear from him/her?

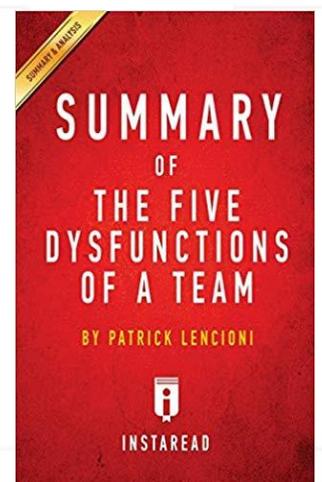
Take the first step in order to build trust with a colleague:
Share a personal story with a colleague

_Take it further!

10min

I know time is limited, yet knowledge is crucial for self-development.

So, take the time to read the [quick summary of five dysfunctions](#):





 **Your TakeAways**
_What do you know now?





Let me know how you are getting on!

For more advice and solutions check our [worksheets online](#), and watch the videos from our [Bounce Back Video Series](#).



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Client Testimonial

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