Empowering Teams

How to manage dysfunctions and create cohesion.

_For you, if...

You feel like your team could do with growing together.
You want to lead with example, show vulnerability & share a common vision.

Try This!

_Quickies

5min

The Power of Pardon

Say Sorry. This may seem obvious, yet it is not easy nor common for most of us to do so. You may feel sorry for an inappropriate behaviour or comment from your side, but do you actually step up, go to that person, and apologize while looking into his/her eyes?
It takes courage.
It creates trust showing your vulnerability.

Reflect on your past month and check whom you may want to approach, and simply apologise.

Connect to Humor

Work can be a serious, dull or repetitive at times. It's important to maintain a certain level of fun, take life and work with a sense of humor, laugh about yourself and celebrate mistakes at least with a chuckle.

- *Organise a Powerpoint Storytelling Slam once a month*
- *Share funny, vulnerable stories of yourself*
- *Watch some stand up comedy at lunch time*

_Take it further!

30min

Go back to the basics!

We connect to human beings, not to tasks. We enjoy work not purely because of what we do or what we are good at, but who we work with and for.

1. Take a few minutes to reflect on the **core values of your team** and your organization. What is the essence, the ultimate “WHY” you do what you do?
2. Try to organise a care free lunch or breakfast and get feedback from everyone on what your group or **team’s strengths** are. What values unite you?
3. Watch this funny video on The 5 Dysfunctions of a Team to help you find the first point of intervention.

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 some videos from our ***Bounce Back Video Series.***

For a quick read & tools,
our *Ebook Bounce Back,*
available by subscription or on
Amazon.