**The Power of Teams Part Two**

**Self-Reflection/Collaboration Tool**

This tool is designed to provide you and your colleagues with a framework to guide your thoughts and discussions about the points raised in the accompanying video. It will also help identify action points for you to take away from the session which can be recorded on the accompanying development action planning document. Suggested discussion time: 5 mins per part

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| ***Part 1*** How do you recognise and manage your own emotions in high pressure situations? What have you observed others do in high pressure situations and how they self-manage? Discuss with the group.  |   |
| ***Part 2***Come up with a discuss the type of questions you could ask a new team member as part of the discussed “raging curiosity” principle.  |   |
| ***Part 3***Have a think about and discuss how understanding your own and others strengths can help you overcome challenges or difficulties.  |  |