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Team Building

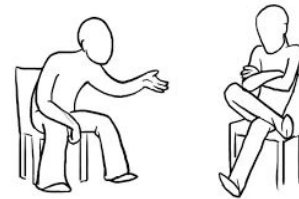
Body Language

Self-Awareness - 20 min**The Obstacle**

- Individual over team goals
- Avoiding conflict
- Marginal commitment & effort
- Not valuing teammate's contributions
- Managing status
- Negative attitudes & body language

The Delivery

Discussion & Reflection

**The Way**

Introduction

- Show a picture of bad body language and share this article - <http://www.spongecoach.com/the-habit-that-drives-coaches-crazy/>

Lesson

- 80% of all communication is nonverbal
- What do teammates do when you have bad body language?
 - They usually either start to have bad body language too or try to lift you back up, which takes attention away from the team and puts it on you
- What do teammates do when you have good body language?
 - They usually have good body language too or are better at avoiding bad body language
- Do you send any selfish signals to teammates?
 - Reflect or ask a teammate.

The Follow-up

1. How do you want to use your platform as a player or teammate?
2. Share the poem "2 Kinds of People"
 - (https://docs.google.com/document/d/1XvIEvHdSbSqGULqCi_lxqA6qMSz5HtSew1ZuIMRwHks/edit?usp=sharing)
3. Identify 3 ways you can be a "Lifter" through your body language in your professional life.