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**Project Proposal**

# F.A.M.I.L.Y.

**Building Trust - 25 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 &amp; Activity

**The Way**

Introduction

- Acronym: Forget About Me I Love You
- Ask: What does love look like on a team?

Lesson

- Take Love Languages quiz - [www.5lovelanguages.com](http://www.5lovelanguages.com)
- Share the 5 Languages of Love (Gary Chapman)
  - Words of Affirmation - compliments
  - Quality Time - attention
  - Receiving Gifts - gifts
  - Acts of Service - helper
  - Physical Touch - touches
- Each member shares 3 ways teammates can show them love based on the results from their Love Language quiz
- Create a master list and share it with the entire team

**The Follow-up**

1. Assign team members partners with the intention to follow through on showing love to that teammate every day for a week
2. Post on desk, door, locker how people can show you love

**The Bonus**

Create a weekly 'Care Chart' and select 1 teammate a week to show love to. Record how you showed love to each teammate on your 'Care Chart'.