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Team Building

Scar Therapy

Building Trust - 15 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

- We all have scars - some physical, some mental - but all of our scars have a story that goes with it.
- We're all aware of physical scars, and I'm sure we all have plenty of them. What's an example of a mental scar?
- The leader begins by sharing a scar and the story that goes with it.

Lesson

- Select 3 scars you have. Give a brief explanation of each, then share the full story of your most memorable scar and why you remember it so well.
- Circle share - each team member shares their story while others listen

The Follow-up

1. What did you learn about a teammate that you didn't know?
2. Share how a scar changed your actions in the future.