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**Team Building**

# Unexpected Gratitude

**Courage - 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 &amp; Reflection

**The Way**

Introduction

- Ask: Who / What are you thankful for?

Lesson

- COLD CALLS:
  - Call someone you are thankful for that isn't expecting a call from you. Share with them why you are calling by expressing your reason for choosing them to call.
- How do you think it made the person you called feel?
- How did it make you feel?
- Why don't we do it more often?

**The Follow-up**

1. Treat all Thursdays as "Thankful Thursday" and send a text to someone you are thankful for. On the first Thursday of the month, make a Cold Call.