Credit

Brett Ledbetter, What Drives Winning

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Team Building

Playing Green

Self-awareness - 10 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

- Ask: What does a green light mean? Yellow light? Red light?
- Mentally we are the same as traffic lights - sometimes we're GREEN, sometimes we're YELLOW, and sometimes we're RED.

Lesson

- Mentally we are the same - sometimes we're GREEN, sometimes we're YELLOW, and sometimes we're RED
- If we're the leader, our team will always reflect our color.
- The best find ways to stay GREEN light as much as possible
    - *See "F-it Button" activity*
- What are some things that take us out of being GREEN light?
    - What could we do to minimize the impact of these things?
    - Are they really things/events or how we choose to look at them?

The Follow-up

1. How could this thought process help us in our professional life? Our personal life?