

TEAM PULSE **Team Pulse Debrief #4. Work/Life & Wellbeing**



For Teams Scoring Lowest on KPI 4 Complete The Following 8min Debrief:

Step 1: Discuss... *(In Pairs) Referring to 3 x Team Booster Strategies Below, Decide on a Strategy for Team (3 Minutes)*

Booster #10. Complete A Wellbeing Exercise As A Team

- **Activity:** Select a meditation, relaxation, breathing or mindfulness exercise and complete within normal team activity.
- **Time Required:** 5- 10 minutes at next team meeting



Booster #11. Share A Personal Achievement & Challenge

- **Activity:** Round room sharing of current personal achievement and challenges as an extended Warm Up exercise at the start of meetings
- **Time Required:** 5-10 minutes at next team meeting or huddle



Booster #12. Set A Weekly Wellbeing Goals & Be Accountable

- **Activity:** Identify one positive wellbeing goal you will commit to each week and share it with your peers and then follow up on your progress the following week.
- **Time Required:** 5-10 minutes at next team meeting or huddle



YOUR OWN TEAM BOOSTER. Any Other Ideas?

Step 2: Commit! *(Whole Team) Share Round Room Then Team Commits To One Booster For The Month Ahead (5 Minutes)*