



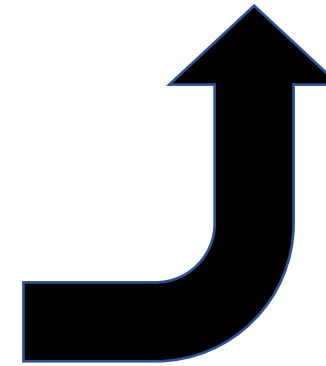
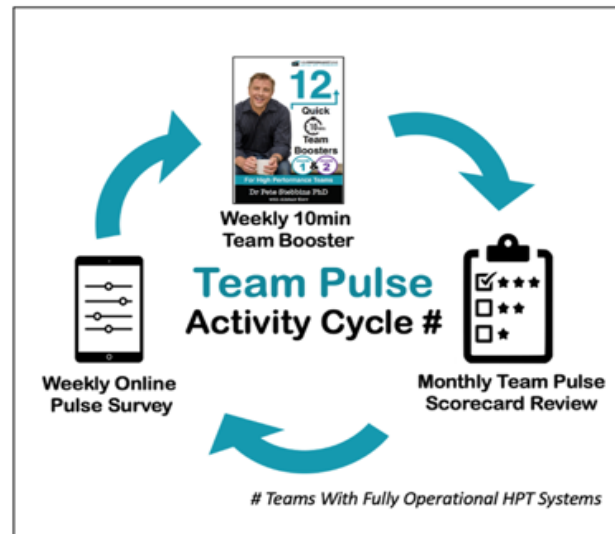
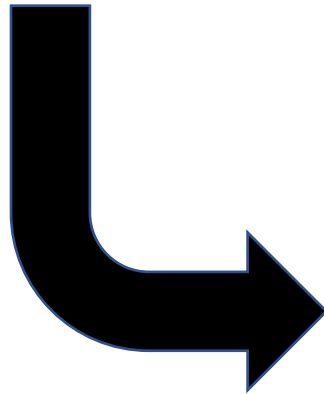
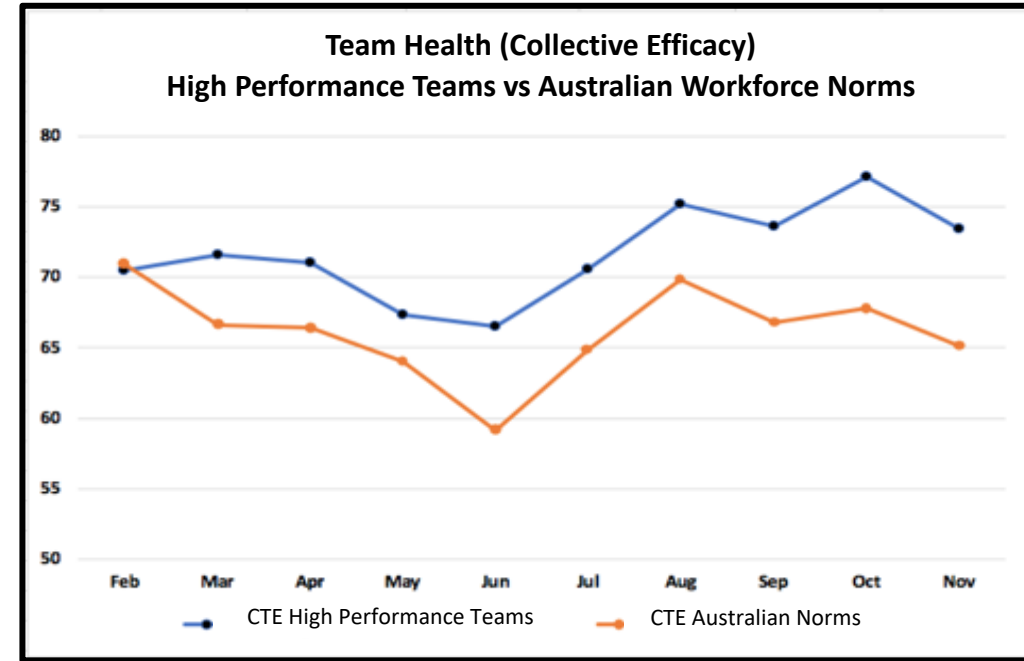
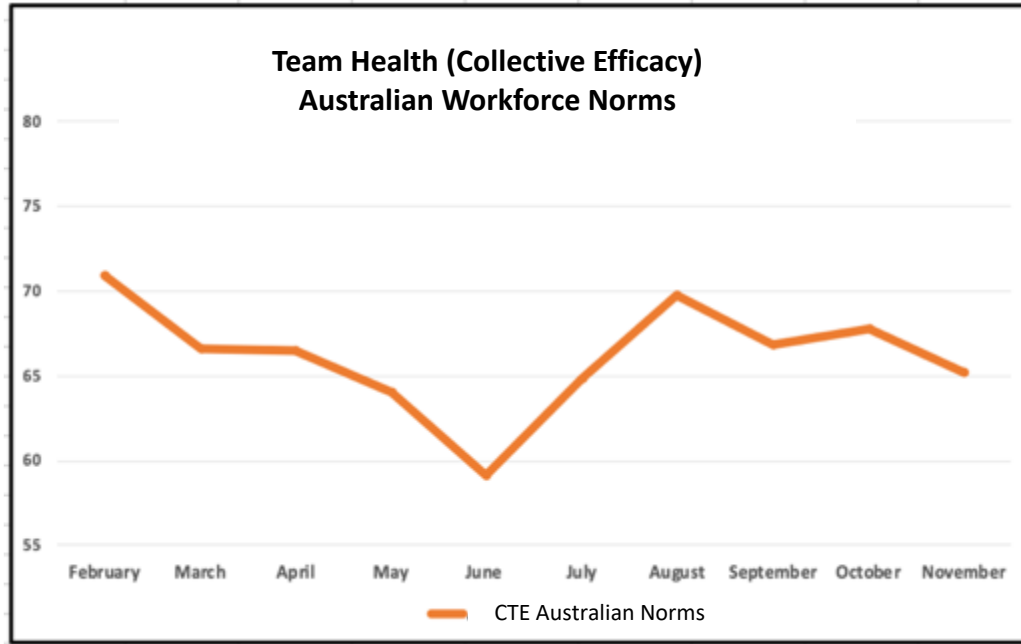
# **TEAM PULSE**

**MAXIMISING TEAM HEALTH**

## **Executive Summary Snapshot:**

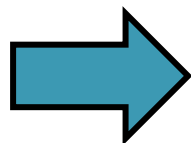
**Program Outcomes/ Activity Cycle/ Wellbeing Tools**

# Outcomes: Team Pulse Benefits vs Norms

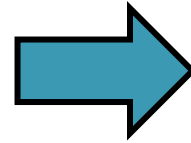


# Team Pulse Elements: Activity Cycle & Ux

Weekly Individual Pulse Check In (10-15sec)



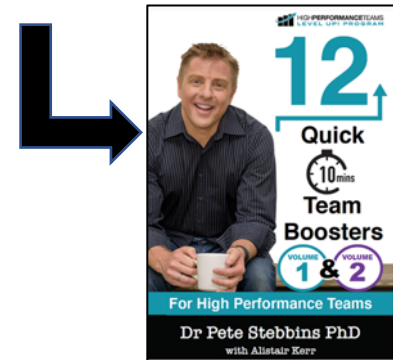
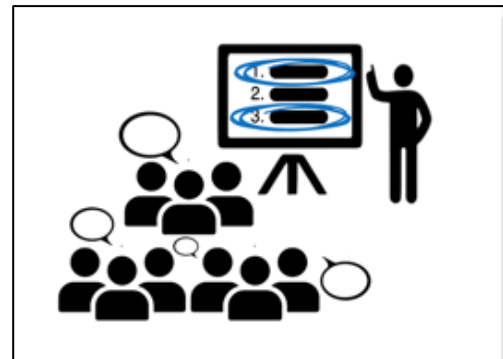
Monthly Team Scorecard



Scorecard Debrief & Plan For Next Booster\* (8 min)



| 12 HIGHPERFORMANCE TEAMS LEVEL UP! PROGRAM |  | Team Pulse  |           | Review & Actions |  |                            |
|--|--|---|-----------|------------------|--|----------------------------|
| Team:                                      |  | Month:  |           | Participants:    |  |                            |
| HPT 4 KPIs (Inputs)                        | CTE Domains (Outputs)                    | Pulse Question  | Previous* | Current*         | Example Improvement Strategies   | Discussion Notes & Actions |
| KPI 1: Vision & Action                     | Mastery Experience (Job Satisfaction)    | Your level of achievement and satisfaction at work.                     |           | 87%              | Clear KPIs for role clarity in team chart. Regular review of purpose, vision & goals in action plan. Aligning activity cycle to maximize benefits of team meetings & professional development. |                            |
| KPI 2: Performance Reporting               | Social Persuasion (Feedback)             | Regularly giving and receiving feedback with members of your team.      |           | 82%              | Use of data wall huddles to track progress. Using effective protocols in team meetings to address hot issues and progress strategic inquiry. Timely cycles of observation and feedback.        |                            |
| KPI 3: Leveraging Diversity                | Vicarious Experience (Peer Support)      | Communicating effectively and openly sharing with members of your team. |           | 89%              | Effective team communication, sharing and peer mentoring. Understanding conflicting personality types, above and below the line behaviour charts and protocols for difficult conversations.    |                            |
| KPI 4: Work/Life & Wellbeing               | Affective States (Work/Life & Wellbeing) | Your level of satisfaction with your work/life and wellbeing.           |           | 73%              | Regular buddy check-ins. Weekly team pulse with monthly scorecard and goal setting. Regular team building, use of ice breakers in meetings. Increased awareness of work/life needs.            |                            |
| <b>Collective Team Efficacy Score</b>      |  |   |           | <b>82%</b>       | *Combined average of all team scores <span style="color:red">■</span> 0-54% <span style="color:yellow">■</span> 55-74% <span style="color:green">■</span> 75-100%                              |                            |



\*10min Team Booster Activity Completed Between Meetings or Time Allocated to Complete at Start of Next Meeting

# Wellbeing Tools: Team Boosters & Toolbox Tuesday!



HIGH-PERFORMANCE TEAMS  
LEVEL UP! PROGRAM

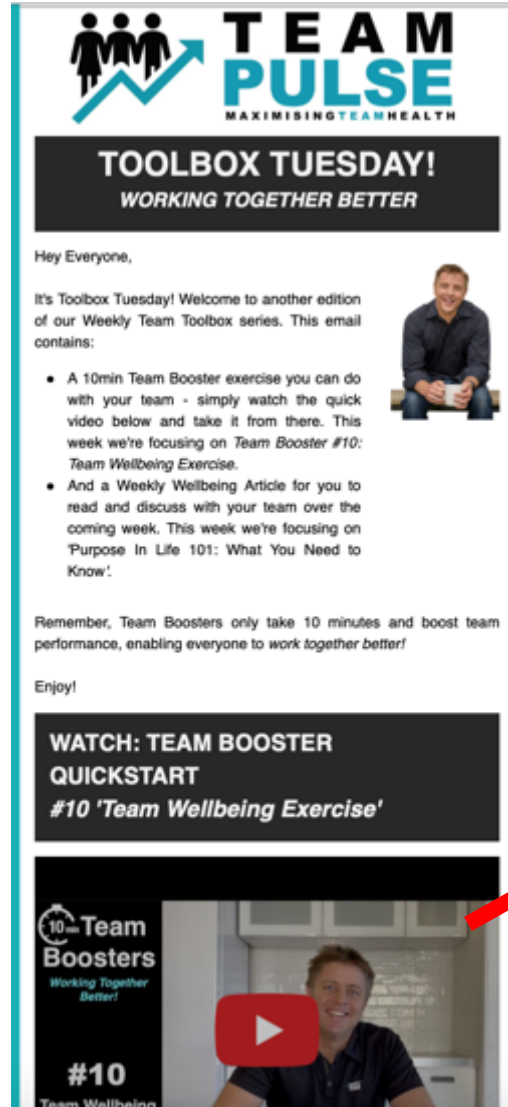
# 12

Quick  
10mins  
Team  
Boosters

VOLUME 1 & 2

For High Performance Teams

Dr Pete Stebbins PhD  
with Alistair Kerr



**TEAM PULSE**  
MAXIMISING TEAM HEALTH

## TOOLBOX TUESDAY!

WORKING TOGETHER BETTER

Hey Everyone,

It's Toolbox Tuesday! Welcome to another edition of our Weekly Team Toolbox series. This email contains:

- A 10min Team Booster exercise you can do with your team - simply watch the quick video below and take it from there. This week we're focusing on Team Booster #10: Team Wellbeing Exercise.
- And a Weekly Wellbeing Article for you to read and discuss with your team over the coming week. This week we're focusing on 'Purpose In Life 101: What You Need to Know'.

Remember, Team Boosters only take 10 minutes and boost team performance, enabling everyone to work together better!

Enjoy!

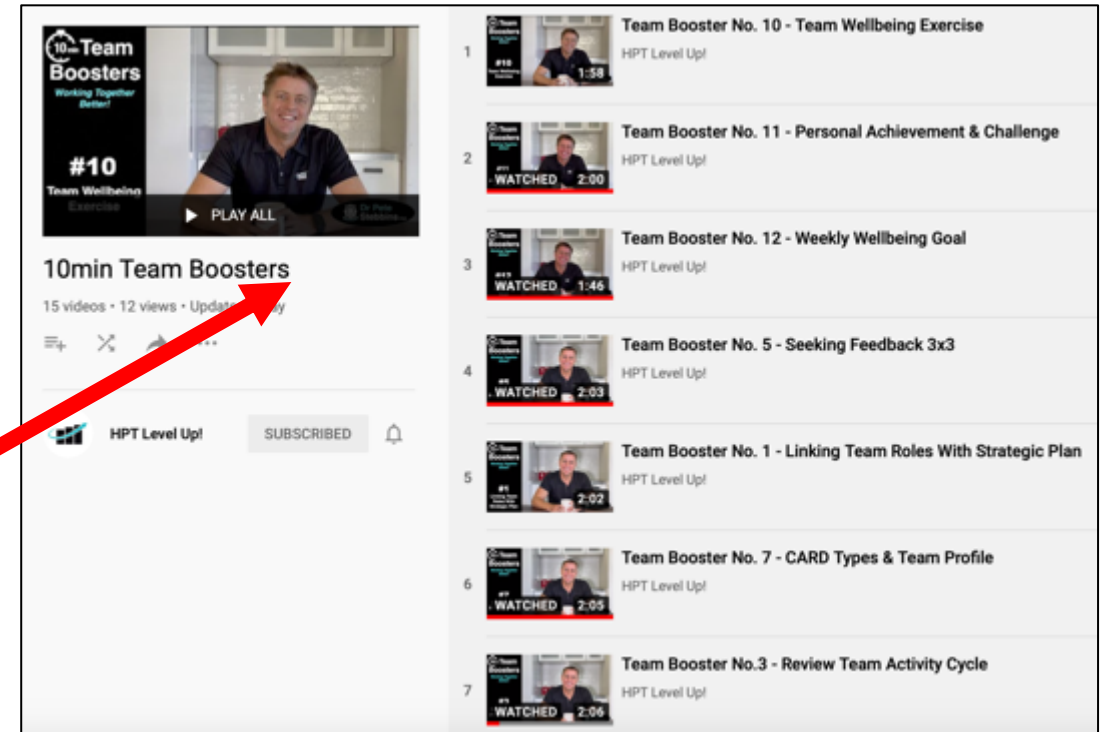
**WATCH: TEAM BOOSTER QUICKSTART**  
#10 'Team Wellbeing Exercise'

#10 Team Wellbeing

HPT Level Up!



## 10min Team Boosters Playlist



**10min Team Boosters**  
15 videos • 12 views • Updated 1 day

HPT Level Up! SUBSCRIBED

- 1 Team Booster No. 10 - Team Wellbeing Exercise  
HPT Level Up! 1:58
- 2 Team Booster No. 11 - Personal Achievement & Challenge  
HPT Level Up! WATCHED 2:00
- 3 Team Booster No. 12 - Weekly Wellbeing Goal  
HPT Level Up! WATCHED 1:46
- 4 Team Booster No. 5 - Seeking Feedback 3x3  
HPT Level Up! WATCHED 2:03
- 5 Team Booster No. 1 - Linking Team Roles With Strategic Plan  
HPT Level Up! 2:02
- 6 Team Booster No. 7 - CARD Types & Team Profile  
HPT Level Up! WATCHED 2:05
- 7 Team Booster No. 3 - Review Team Activity Cycle  
HPT Level Up! WATCHED 2:06