

What Are the Conditions for Your Team's Resilience?

Conditions for Team Resilience

Remember Team Resilience Conversations can only take place when all team members are at Coping resilience level or above. Everyone needs to feel safe to contribute and be heard.

ACTIVITY 1: Analysis & Discussion

Using the energy tracker is a simple and effective method to involve the whole team. If you haven't done it already try using this tool with the whole team and where each person maps the team's energy across a period, then you compare & contrast.

You will have seen from the Team Energy Tracker, the tables of the Resilience Contributors.

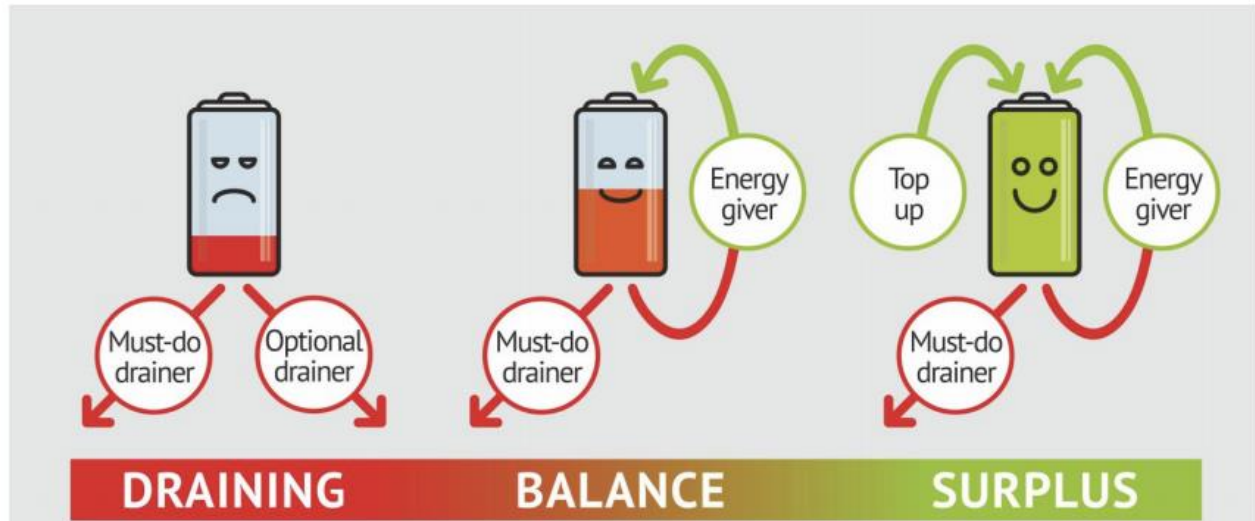
- Did you discover what drives the ups, downs and when your team resilience is stable?
- If you are not sure what drove it up or down, what can you do to find out?

ACTIVITY 2: Exploring Your Energy Together As A Team

Use The Energy Battery Tool with your team to explore the energy contributors and drainers. Tool included on next page.



What Are the Conditions for Our Team's Resilience?



Use the Energy Battery diagram to discuss your Team Energy.

- Which are the biggest energy drainers for us as a team?
- What can we do to reduce the Must Do energy drainers?
- What are the non-essential energy drainers that we can get rid of?
- What gives our team energy - the must do energy givers?
- What gives our team a top up of energy?
- How can we build this into our way of operating together?
- How will we carry on noticing and keeping track of our team energy?

<i>Must Do Energy Drainers</i>	<i>Must Do Energy Givers</i>	<i>Optional Energy Drainers</i>	<i>Optional Energy Givers</i>	<i>Energy Top Ups</i>