



Working in teams has become the norm for accomplishing big goals and achieving organizational objectives. Making those teams effective is essential for business success and organizational health. Effective teams know how to tap into their individual and collective resources and harness the team's energy to achieve shared goals. In the highest performing teams, team members come to deeply understand and care about one another. Groundwork for both of these possibilities is laid in this interactive workshop, *Harnessing Your Team's Energy*. Team members get to know one another more deeply, and understand the energy patterns of their team dynamics and the team as a whole. They also learn how their own energy fits into the team, and collectively identify a strategy for working together to achieve maximum effectiveness.

#### **Learning Outcomes:**

- Learn the energy patterns of teammates and the team as a whole
- Explore how the patterns show up in team dynamics and how one's own patterns fits into the team context
- Build a team blueprint for success
- Make individual and collective commitments to maximize team effectiveness

**Audience:** Intact teams, virtual teams, leadership teams

**Pework:** Complete the FEBI and understand one's own patterns through *Targeting Your Leadership Energy* or equivalent

**Format:** ½ day, in person or virtual

**Contact:** [emily@zenleader.global](mailto:emily@zenleader.global)

*from workshop participants:*

*"The energy patterns have stayed with me. Now I'm always looking at our team through the lens of what pattern is this person expressing now? Or what energy do we need?"*

*"Great learning. Great fun. And now we know what we have to do to be a great team."*

# Harnessing Your Team's Energy

As a follow-up to *Targeting Your Leadership Energy* for individuals, this interactive FEBI®-based workshop brings teams together to understand how the energy patterns show up in team members, team dynamics, and the team overall, how the patterns connect to the team's purpose and context, and how to leverage and develop the energy of the team for maximum effectiveness.

