

## Team Coaching



# Five Minutes Exercise

Have you been the situation of feeling anger coming up in a phone conference or within a face to face discussion within your team?  
How was your reaction after the phone call?  
How is your next conversation with the same colleague?

# Five Minutes Exercise

Is your aim the success of the team?

How about a 5 minutes exercise having a positive effect to the team success?

Close your eyes and step into the shoes of your colleague.

Open your mind and heart to your colleague's personality and ask yourself:

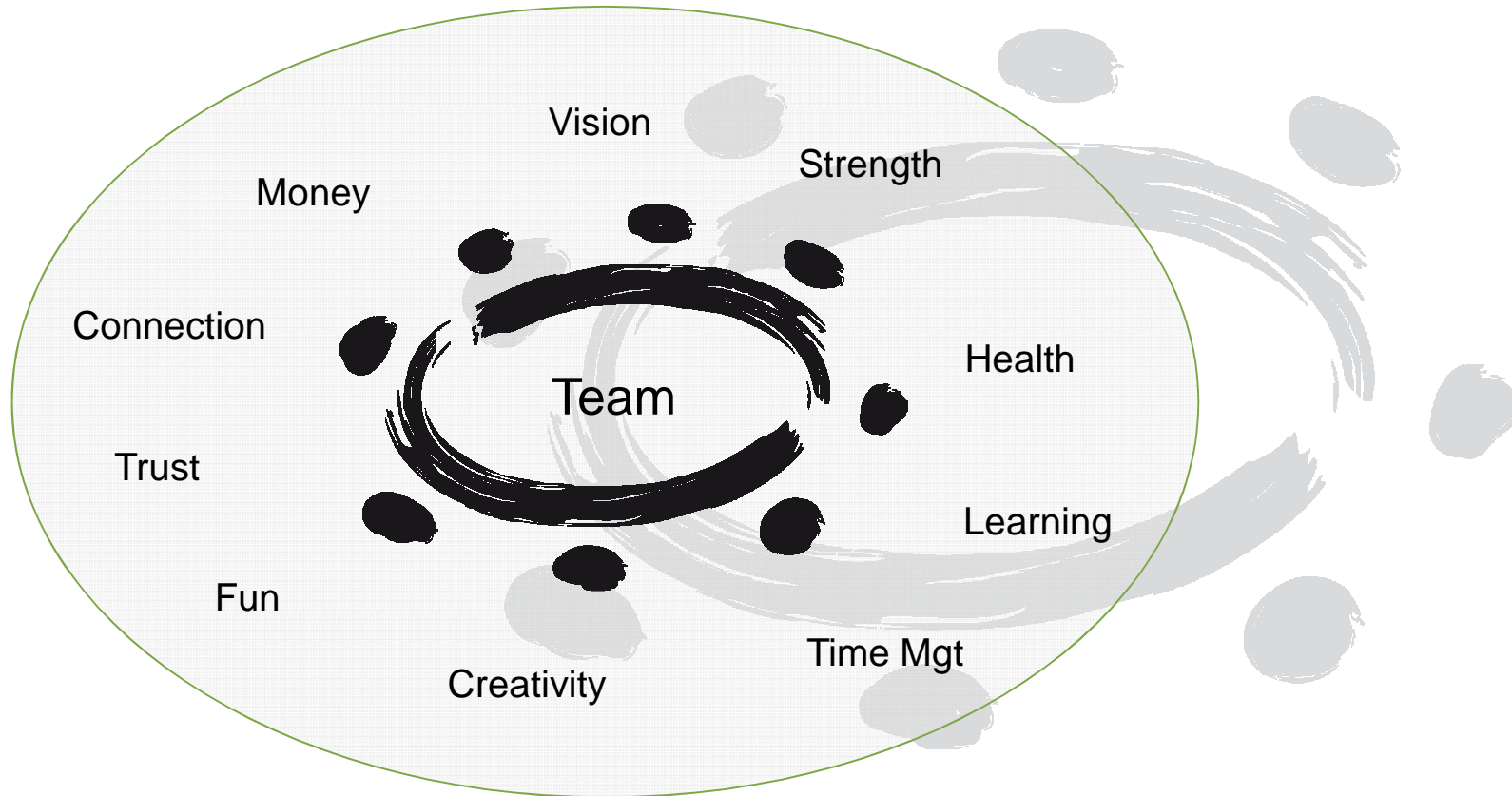
# Five Minutes Exercise

- What do you know about him?
- What is his cultural background?
- What is his job experience and educational background?
- How is his family situation?
- What are his strengths and weaknesses?
- What are his goals his strategy his objective settings?
- What are his priorities?
- How does he feel as a member of the team?
- What is his role inside the team?
- Does he feel heard and respected inside the team?

# Five Minutes Exercise

Open your eyes and step back to your shoes.  
Have a look at your shoes and continue your  
way with a step into improvement of the  
success of your team.

# Winning together



# Thank you...

... for reading this document



Iris Clermont

Contact:

Mobil: +49 176 29 72 39 43

Mail: [info@AICcoaching.com](mailto:info@AICcoaching.com)