

# Building healthier teams

# **Lead Your Team**

Good Practice | Little Book of Nudges



Find a way to talk to each of the people in your team this month, either individually or in group.

It's a real challenge with everything that's going on... which is why it's so important.

# Ask them 3 simple questions:

- Where are we now as a team and how effectively are we working?
- How are you / how are you feeling?
- Where do we want / need to be as a team?



If you have decent conversations to consider these questions, the answers will give you some really helpful information, which will fall into four key categories for the year ahead:

#### **Maintain**

What's going well that we need to continue?

#### **Improve**

What's not going so well that we need to do better in?

### Change

What do we need to change completely?

#### **Behave**

How do we need to think, behave and operate in order to make that happen?



It's really simple but pretty useful.

## Each category will give you an action plan.

You can then share the plan with your team so that everyone knows the answers and the direction of travel for the year ahead.



Alongside the plan, make sure to **celebrate all of your successes** as they track out through the year.

Recognise individual contribution and let people know when they've made a difference.

Thank them specifically and notice the impact it has on them e.g. 'When you did that, it had this impact on me (and others) which was really positive, so thank you - it made a difference to all of us...'

# It won't take you long but it'll help you start the year right.

Make contact with everyone in your team.

3 questions.

Maintain Improve Change Behave

A little bit of focus now, that might just take you a long way...

