



Building healthier teams

What's Your Superpower?

We've all got one, that skill that comes easiest to you. It probably doesn't even feel like work.

Take some time this week to think about your superpower. What is it? Are you getting enough chances to let it shine? If not, how can you fix that?

Then lift your attention to your team; what are their superpowers? How can you balance each other out and find those that complement one another?