



Substitutes

When it comes to team sports, substitutes play a huge role in the strategy of a game. You'll rarely see a match run its full course without a substitute coming in at some point. In some sports, players can't even make it to the full 90 minutes; they're subbed out at some point prior.

So why can't the same apply to work?

How can you and your team become more effective by encouraging one another to take breaks when needed? To lean into the broader team and strengths on your bench.