

# Better Teams

[www.better-teams.com](http://www.better-teams.com)

## Team Leaders:

Are you feeling **strapped for time** but want to build a better team?

I have good news for you. **The little things you do can make all the difference.**

**QuickConnects™** are easy activities that you can use to **energize and engage** your team at the beginning of your meetings.

These **fun and purposeful activities** only take **5 – 15 minutes**.

## Better Teams Model



**QuickConnects™** are easy activities designed to help busy leaders create a team that is happy, aligned and ready to do great work together!

Please let us know how it goes and **how we can help you** build a better team.

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# 9 Dimensions

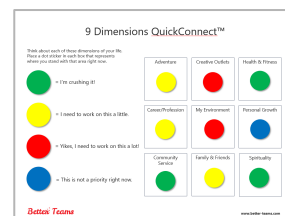
## QuickConnects™ for Better Team Meetings



- Purpose:** To build relationships by evaluating and sharing about significant life areas (or to share perceptions about the team).
- Description:** Team members individually rate 9 dimensions of their lives using colored stickers, then report out 2 of them.
- Better Team Attributes Addressed:** Trust (if using personal dimensions); Trust and Alignment (if using team dimensions)
- Variations:**
- If you have more time, you can ask each person to share about more of their dimensions.
  - You can personalize the grid to a specific team or group by filling in the 3x3 grid with different dimensions. See another example on the next page.
- Time Estimate:** Allow 2 minutes person plus 5 minutes for set up/debrief.
- Supplies Needed:**
- 9 Dimensions worksheet for each person (included in this packet)
  - Page of dot stickers (red, blue, yellow and green) for each person (I use Avery® Round ¾" diameter color-coding labels, Assorted colors #5472)

### Instructions:

1. Give each person a copy of the 9 Dimensions worksheet (included in this packet) and a sheet of dot stickers (with red, green, yellow and blue dots).
2. Instruct them to evaluate their current status for each dimension in the grid and place a colored dot (using the key below) on each of the 9 dimensions. Only give them two minutes with no time to overthink it. Tell them, "Just go with your gut."
  - Green Dot = I'm crushing it!
  - Yellow Dot = I need to work on this a little.
  - Red Dot = Yikes, I need to work on this a lot!
  - Blue Dot = This is not a priority right now.
3. Ask each person to share about one area they put a green dot, and one area they put a yellow or a red dot. Give each person 2 minutes to share (allow them to disclose at their own comfort level).
4. Optional Debrief Questions:
  - What did you learn about each other (or our team)?
  - How can we support each other to improve our red and yellow areas?



## *Team Evaluation Variation:*

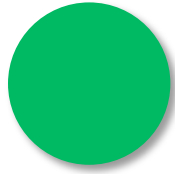
You can also use the My Team's 9 Dimensions QuickConnect™ to discuss the team as a whole.

Purpose: To build relationships by evaluating and sharing perspectives of how the team is doing in significant areas.

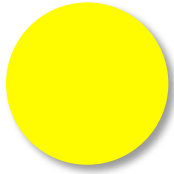
1. Give each person a copy of the My Team's 9 Dimensions worksheet and a sheet of dot stickers (with red, green, yellow and blue dots).  
  
[9 Team Dimensions: Communication, Attitude, Trust, Role Clarity, Alignment about Processes, Accountability, Supportive Relationships, Meeting Deadlines, Quality of Work]
2. Instruct them to evaluate their perception of the team's current status for each dimension in the grid and place a colored dot (using the key below) on each of the 9 dimensions. Only give them two minutes with no time to overthink it. Tell them, "Just go with your gut."
  - Green Dot = We are crushing it!
  - Yellow Dot = We need to work on this a little.
  - Red Dot = Yikes, we need to work on this a lot!
  - Blue Dot = This is not a priority right now.
3. Ask each person to share about one area they put a green dot, and one area they put a yellow or a red dot. Give each person 2 minutes to share (allow them to disclose at their own comfort level).
4. Optional Debrief Questions (10-30 minute debrief):
  - Where are we all in agreement about our team?
  - In which dimensions do we have the most variation in our perspectives?
  - Which yellow and/or red area(s) do we want to improve the most?
  - What can we do to improve our yellow and/or red areas?

# My 9 Dimensions QuickConnect™

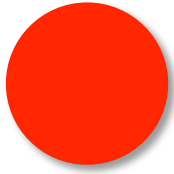
Think about each of these dimensions of your life.  
Place a dot sticker in each box that represents  
where you stand with that dimension right now.



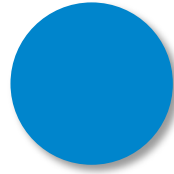
= I'm crushing it!



= I need to work on this a little.



= Yikes, I need to work on this a lot!



= This is not a priority right now.

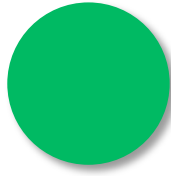
Adventure	Creative Outlets	Health & Fitness
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Career/Profession	My Environment	Personal Growth
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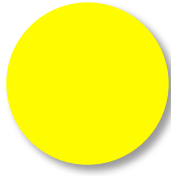
Community Service	Family & Friends	Spirituality
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# My Team's 9 Dimensions QuickConnect™

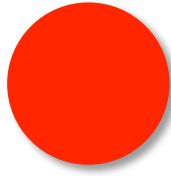
Think about each of these dimensions of your team.  
Place a dot sticker in each box that represents how  
you think your team is doing in each area right now.



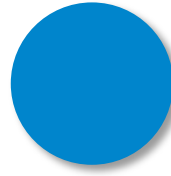
= We are crushing it!



= We need to work on this a little.



= Yikes, we need to work on this a lot!



= This is not a priority right now.

Communication

Attitude

Trust

Role Clarity

Alignment about  
Processes

Accountability

Supportive  
Relationships

Meeting Deadlines

Quality of Work