

Worksheet: Team Spirit One Page Summary

Social Connections

Create digital watercooler moments (e.g., Virtual Happy Hour, digital Lunch 'n Learns).

"I'll be sharing the latest on blockchain at lunch this Wednesday, so please join!"

Inspiration

Share a personalized email or weekly poem, podcast or picture with your team.

"Hey folks, here are some tips on how to manage stress in this week's wellness newsletter."

Show Appreciation

Invite team members to give on the spot appreciation awards to their colleagues or start each meeting with "wins of the week."

"This project would not have been approved without your help this week. Thank you!"

Mental Health Breaks

Take regular time for team meditations, stretching, and/or rest times.

"Block your calendars for a 20-minute meditation break every day."