

**ARE YOU TEAM FIT ?
Looking after your resilience**

What will it take to be ready for the next wave of challenges? Current coaching conversations are often about teams finding a sustainable rhythm for the coming months.

We offer the following questions as prompts for some reflective time with your team. They can be used as a check list or you can pick one or two of most relevance.

Within the team....

1. Are we clear about what must be done, and can only be done by us acting together, both now and into the future?
2. How do we ensure our shared purpose is reflected in the way we prioritise our time, and what we choose to drop, simplify, or delegate?
3. How will we draw actively on each others' strengths to achieve the shared goals?
4. Is each of us open to changing our assumptions and approaches, and learning from others?
5. How readily will we ask each other for help when the going gets tough, and insist that each of us gets time out to recharge batteries?

Beyond the team...

6. How well do we understand our stakeholders' evolving concerns and priorities, and what will it take to influence them in the coming months?
7. If we're asking others to follow us into an uncertain future, what do they need to hear from us and what do they need to see us doing?
8. When things go wrong, what will enable us to acknowledge, learn and move on?
9. What is the reputation we want to have, and what evidence will support it?

These ideas take forward the thinking in the Praesta Insight booklet "The Resilient Leader" [click here](#) and an earlier booklet, "The Resilient Team" [click here](#) . For the accompanying video, [click here](#).