



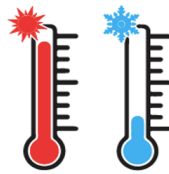
Team Pulse Toolkit

Meeting Warm-Ups & Ice Breakers

Meeting Warm-Ups

Organisations Team Meeting (Brief)		Chair
Item 1	Introduction	Chair
Item 2	Support 1	Chair
Item 3	Support 2	Chair
Item 4	Support 3	Chair
Item 5	Support 4	Chair
Item 6	Support 5	Chair
Item 7	Support 6	Chair
Item 8	Support 7	Chair
Item 9	Support 8	Chair
Item 10	Support 9	Chair
Item 11	Support 10	Chair
Item 12	Support 11	Chair
Item 13	Support 12	Chair
Item 14	Support 13	Chair
Item 15	Support 14	Chair
Item 16	Support 15	Chair
Item 17	Support 16	Chair
Item 18	Support 17	Chair
Item 19	Support 18	Chair
Item 20	Support 19	Chair
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Item 26	Support 25	Chair
Item 27	Support 26	Chair
Item 28	Support 27	Chair
Item 29	Support 28	Chair
Item 30	Support 29	Chair
Item 31	Support 30	Chair
Item 32	Support 31	Chair
Item 33	Support 32	Chair
Item 34	Support 33	Chair
Item 35	Support 34	Chair
Item 36	Support 35	Chair
Item 37	Support 36	Chair
Item 38	Support 37	Chair
Item 39	Support 38	Chair
Item 40	Support 39	Chair
Item 41	Support 40	Chair
Item 42	Support 41	Chair
Item 43	Support 42	Chair
Item 44	Support 43	Chair
Item 45	Support 44	Chair
Item 46	Support 45	Chair
Item 47	Support 46	Chair
Item 48	Support 47	Chair
Item 49	Support 48	Chair
Item 50	Support 49	Chair
Item 51	Support 50	Chair
Item 52	Support 51	Chair
Item 53	Support 52	Chair
Item 54	Support 53	Chair
Item 55	Support 54	Chair
Item 56	Support 55	Chair
Item 57	Support 56	Chair
Item 58	Support 57	Chair
Item 59	Support 58	Chair
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Item 63	Support 62	Chair
Item 64	Support 63	Chair
Item 65	Support 64	Chair
Item 66	Support 65	Chair
Item 67	Support 66	Chair
Item 68	Support 67	Chair
Item 69	Support 68	Chair
Item 70	Support 69	Chair
Item 71	Support 70	Chair
Item 72	Support 71	Chair
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Item 74	Support 73	Chair
Item 75	Support 74	Chair
Item 76	Support 75	Chair
Item 77	Support 76	Chair
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Item 79	Support 78	Chair
Item 80	Support 79	Chair
Item 81	Support 80	Chair
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Item 83	Support 82	Chair
Item 84	Support 83	Chair
Item 85	Support 84	Chair
Item 86	Support 85	Chair
Item 87	Support 86	Chair
Item 88	Support 87	Chair
Item 89	Support 88	Chair
Item 90	Support 89	Chair
Item 91	Support 90	Chair
Item 92	Support 91	Chair
Item 93	Support 92	Chair
Item 94	Support 93	Chair
Item 95	Support 94	Chair
Item 96	Support 95	Chair
Item 97	Support 96	Chair
Item 98	Support 97	Chair
Item 99	Support 98	Chair
Item 100	Support 99	Chair

1.



2.



Low Trust

Low Trust
Ice Breakers:
'Fun Facts'



Moderate Trust

Moderate Trust
Ice Breakers:
'My Journey'



High Trust

High Trust
Ice Breakers:
'My Values'



*For team sizes of max 4-5 (split groups if larger size)

Item 2
Support 1

Warm Up

One word barometer; Ice-breaker and/or Success & Challenge

All

3 mins

Team Health (4KPIs) Trust Matched Icebreakers

KPI 1: Job Satisfaction

Lower Trust

1. I enjoy my job most when...
2. My most favourite activity at work is...
3. Our organisation's vision and values are...
4. Our team's biggest contribution to the organisation's success is...

Moderate Trust

5. I am really proud of how are team does...
6. I have to motivate myself most at work when...
7. I find the most rewarding moments of my job are...
8. One thing our organisation does really well is...

Higher Trust Teams

9. An example of where my values overlap with our organisation's values is...
10. One thing I need to stop doing to improve is...
11. One thing I am not proud of in our organisation is...
12. One thing our team could do to add more value to the organisation is...

KPI 2: Performance Feedback

Lower Trust

1. The best piece of advice I have got lately is...
2. Feedback works best for me when...
3. Someone I admire whom I wish I could get more feedback from is...
4. The thing I need most help with this week is...

Moderate Trust

5. A great mentor in my life was (& why)...
6. The worst piece of advice I have got in my career thus far is...
7. I need (a) a lot or (b) a little time to process feedback (and why)...
8. One thing I would like to get more feedback on is...

Higher Trust Teams

9. I doubt my own ability when I have to do...
10. The hardest thing for me when I get feedback is...
11. The thing our leaders need more feedback on is...
12. An area I should be giving others more feedback on is...

KPI 3: Leveraging Diversity

Lower Trust

1. An animal that best describes my personality is...
2. I feel more energized when I am working with...
3. If I could have any super power I would choose (and why)...
4. People I find easiest to get along with are...

Moderate Trust

5. Types of people I find hard to get along with are...
6. A part of my personality which can be both a blessing and a curse is...
7. A characteristic I admire in others is...
8. I like myself most when I am...

Higher Trust Teams

9. The types of people that make me feel anxious are...
10. If I could change one aspect of my personality it would be...
11. I like myself least when I am...
12. Types of people I can easily be misled by are...

KPI 4: Work/Life & Wellbeing

Lower Trust

1. My favourite hobbies are...
2. At the end of the day I like to relax by doing...
3. My secret skill is...
4. When I was a child the career I dreamed of was...

Moderate Trust

5. One thing I need to stop doing to improve my wellbeing is...
6. An activity I would like to do more of is...
7. If I won the lotto tomorrow I would...
8. Some of the proudest moments of my life are...

Higher Trust Teams

9. My guilty pleasure is...
10. My top 5 bucket list items are...
11. One thing I did as a child that I would like to do again is...
12. My biggest regret in regard to my health and wellbeing is...