

THE KEYS TO CREATING A CHAMPIONSHIP TEAM
THE POWER OF AUTHENTICITY AND APPRECIATION

1) THE POWER OF AUTHENTICITY

- **MOVE PAST FEAR**
- **CREATE TRUST**
- **EXPRESS YOURSELF**

"Honesty and transparency make you vulnerable. Be honest and transparent anyway."

- Mother Teresa

2)

POWER OF APPRECIATION

- **RISE ABOVE NEGATIVITY**
- **ACKNOWLEDGE OTHERS**
- **APPRECIATE YOURSELF**

"Celebrate what you want to see more of."

- Tom Peters

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**WHAT DO YOU APPRECIATE ABOUT THE PEOPLE
AROUND YOU?**

ACTIONS/PRACTICES:

- **ADMIT WHEN YOU MAKE MISTAKES, DON'T KNOW SOMETHING, OR FEEL SCARED**
- **FOCUS ON BEING REAL, NOT RIGHT**
- **CREATE TRUST AND CONNECTION BY BEING HONEST IN A VULNERABLE WAY**
- **SPEAK UP, EVEN IF YOU FEEL NERVOUS ABOUT IT**
- **ASK FOR WHAT YOU WANT – INCLUDING FOR SPECIFIC SUPPORT**
- **CATCH PEOPLE DOING THINGS RIGHT AND ACKNOWLEDGE THEM**
- **LOOK FOR GOOD STUFF AND ACKNOWLEDGE WHEN YOU SEE IT**
- **SPEAK ABOUT YOURSELF, YOUR WORK, YOUR LIFE, THE TEAM, AND OTHERS IN A POSITIVE AND EMPOWERING WAY**
- **FOCUS ON AND TALK ABOUT WHAT IS GOING WELL**
- **GIVE AUTHENTIC COMPLIMENTS AND RECEIVE THEM GRACIOUSLY**

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."

- Dr. Suess