



TFLE Team Vitality Masterclass

In preparation for our Team Vitality Masterclass, please take a few quiet moments to reflect on the following questions – and bring your reflections to the session.

1. On a scale of 0 – 10, how would you rate the energy and vitality of your team in the past month?

Low (e.g. disengaged, negative, ineffective)



1



2



3



4



5



6



7



8



9



10

High (e.g. engaged, positive, productive)

2. What are your biggest:

Energy drainers

Energy givers

Optionally, if you're feeling up to it, reflect on your lists. Which of the energy drains you listed are under your direct influence?
