

# CHAMPION TEAM MEETING AGENDA

## IDENTIFYING OUR WHY

**DURATION: 45 MINUTES**

### 1 Welcome (5 Minutes)

- ✓ **Facilitator:** Open with a warm welcome and brief overview of the agenda.
- ✓ **Purpose:** Set the tone for meaningful reflection and connection as the team explores its core purpose.

#### **Script Idea:**

"Welcome, everyone. Today we're pausing to reflect on what truly matters—both individually and collectively. We'll be exploring our deeper 'why' through an activity called 'What's Your Sentence?', inspired by author Dan Pink. This is a chance to articulate the impact we want to leave behind—our purpose and our legacy as a Champion Team. Let's enter this space with openness, honesty, and intention."

### 2 Connection Before Content (5 Minutes)

- ✓ **Activity: "One Word Check-In"**  
Invite each participant to share one word that reflects how they're feeling as they enter the space.
- ✓ **Encourage active listening**—no fixing or responding.
- ✓ **Purpose:** Build connection and set the emotional tone for the session.

### 3 Activity: What's Your Statement? (30 Minutes)

#### **Part A: Watch & Reflect (10 Minutes)**

- ✓ **Materials Needed:** Internet access, projector or screen (if in person), journals or paper.

**Instructions:**

Watch one or both of the short videos introducing the “**What’s Your Sentence?**” concept by Dan Pink.

**Video Links:**

- ✓ **Dan Pink** – What’s Your Sentence? (Blog Page)  
<https://www.danpink.com/2011/01/whats-your-sentence-the-video/>
- ✓ **Direct Vimeo Link:**  
<https://vimeo.com/8480171>

## **4 Reflection Prompts**

After watching, invite participants to quietly reflect and write their personal or team purpose statement:

- ✓ Imagine what others might say about your team when you're no longer around.
- ✓ What do you want **the team** to be remembered for?
- ✓ What values and actions define the **best team**?
- ✓ Begin your sentence with “**We**” based on your perspective.

**Examples:**

- “We inspired others to dream and gave them the tools to succeed.”
- “We created spaces where everyone felt seen, heard, and valued.”

### **Part B: Circle Sharing & Reflection (20 Minutes)**

**Seating:** Arrange chairs in a circle. Use a talking piece to ensure equitable sharing.

**Sharing:** Each person or group shares their sentence.

**Reflection Questions:**

- ✓ What did you hear that moved or inspired you?
- ✓ How do our current actions align with our statements?
- ✓ What might we need to do differently to live up to our “why”?
- ✓ How could these statements guide our work together moving forward?

**Facilitation Tips:**

- ✓ Model vulnerability by sharing your own sentence first.
- ✓ Affirm each contribution with gratitude.
- ✓ Encourage deep listening and thoughtful reflection

**5 Closing: Closing Pearl (5 Minutes)****Activity:** “One Word Takeaway”

Invite each participant to share one word or phrase that reflects what they’re leaving with.

**✓ Closing Affirmation:**

“Thank you for your thoughtfulness and heart today. The clarity of our ‘why’ shapes the integrity of our actions. Let’s carry these statements with us—not just as words, but as guides for how we show up and move forward together.”

# CHAMPION TEAM SESSION

## IDENTIFYING OUR WHY

DURATION: 45 MINUTES

### 1 Welcome & Purpose (5 mins)

✓ **We'll open with a brief overview of today's session:**

A chance to reflect on what truly matters to us and define the impact we want to leave behind—as individuals and as a team.

### 2 One Word Check-In (5 mins)

- ✓ Each person shares one word to describe how they're feeling as we begin. This helps us connect and ground together.

### 3 What's Your Sentence? Activity (30 mins)

✓ **Watch & Reflect (10 mins)**

We'll watch a short video by Dan Pink to get inspired. Then you'll write a short, powerful sentence that captures the legacy you want to leave or the essence of your best self (or team).

**Examples:**

- "We inspired others to dream and gave them the tools to succeed."
- "We created spaces where everyone felt seen, heard, and valued."

✓ **Circle Sharing (20 mins)**

- We'll gather in a circle and take turns sharing our sentences.
- We'll reflect together on how our current actions align with our purpose and what steps we can take to live it out.

#### **4 One Word Takeaway (5 mins)**

- ✔ To close, we'll each share one word or phrase that captures what we're taking with us from today's session.