

CHAMPION TEAM MEETING AGENDA

EXPLORING GROUP RELATIONSHIPS

DURATION: 45 MINUTES

1 Welcome (5 Minutes)

- ✓ **Facilitator:** Open with a warm welcome and brief overview of the agenda.
- ✓ **Purpose:** Set a positive tone and explain the purpose of today's meeting: to reflect on our group relationships, how we experience connection, and ways to cultivate deeper trust and joy in our collaboration.
- ✓ **Script Idea:**

"Today, we'll take some time to reflect on how we relate to one another as a team using the Group Relationship Survey, inspired by adrienne maree brown's Emergent Strategy. Then, we'll engage in a circle discussion to explore our experiences and identify ways we can nurture our relationships and collective well-being. Let's embrace this opportunity for honest reflection, connection, and growth together."

2 Connection Before Content (5 Minutes)

Activity: "One Word Check-In"

- ✓ Invite each team member to share one word that reflects how they're feeling as they enter the space.
- ✓ Encourage participants to listen actively without responding or fixing—just hold space for one another.
- ✓ **Purpose:** Foster connection and set a tone of openness, safety, and curiosity.

3 Activity: Group Relationship Survey & Circle Discussion (30 Minutes)

Part A: Take the Survey (10 Minutes)

- ✓ **Materials Needed:** Printed or digital copies of the Group Relationship Survey.

✓ **Instructions:**

- Distribute the survey to all participants.
- Allow 10 minutes for quiet reflection and completion.
- Encourage honesty and thoughtful responses.

Part B: Circle Discussion (20 Minutes)

✓ **Seating:** Arrange chairs in a circle to encourage **equal participation**.

✓ **Reflection Questions:**

Use the following prompts to guide the discussion:

- What aspects of our group relationships feel like strengths?
- Where do we see opportunities for growth, and what might we do to deepen our connection?
- How well do we create a balance between authenticity and support as a team?
- What is one small step we can take together to strengthen our relationships and cultivate more joy in our work?

✓ **Facilitation Tips:**

- Use a talking piece to ensure everyone has a chance to speak.
- Model vulnerability and gratitude for honest sharing.
- Emphasize that there are no “**wrong**” answers—this is a space for reflection, not judgment.

4 Closing: Closing Pearl (5 Minutes)

Activity: “One Word Takeaway”

- Ask each participant to share one word or phrase that captures their takeaway from today’s session.

✓ **Closing Affirmation:**

Facilitator thanks everyone for their contributions and commitment to strengthening group relationships.

✔ **Script Idea:**

"Thank you for engaging in this reflection and for the care you bring to this team. Our relationships are what make our work meaningful, and each of you plays an essential role in creating a culture of trust, connection, and shared purpose. Let's continue growing together."

5 Optional: Follow-Up Action Items

- ✔ Share a summary of key insights from the discussion with the team.
- ✔ Identify one or two next steps based on the group's reflections to further cultivate connection.

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1 Welcome (5 Minutes)

- ✓ Overview of today's focus: Reflecting on our group relationships and how we connect as a team

2 Connection Before Content (5 Minutes)

- ✓ **One Word Check-In:** Share one word that describes how you're feeling as we begin.

3 Group Relationship Survey & Discussion (30 Minutes)

- ✓ **Survey Reflection (10 Minutes):** Quiet time to complete the Group Relationship Survey.
- ✓ **Circle Discussion (20 Minutes):**
 - What are our group strengths?
 - Where can we grow?
 - How do we balance authenticity and support?
 - What is one step we can take to strengthen our relationships?

4 Closing (5 Minutes)

- ✓ **One Word Takeaway:** Share a word or phrase that captures your reflection from today.
- ✓ Appreciation and next steps.