



Pre-Workshop Journaling: Team Toxins

Instructions

- Take some time to reflect on your experiences with your team.
- Pause judgement for a brief moment and take the role of an observer.
- Be honest and open with yourself – there are no right or wrong answers.

Hint

This journal is just for your personal reflection. We won't be sharing the content in the session.

Reflect on the Team Toxins descriptions provided in the handout. Can you identify any of these behaviors currently present within your team dynamic? If so, which ones and how frequently do they occur?

Think about a recent instance where a Team Toxin was displayed. Describe the situation and its impact on the team's communication and overall mood.

Consider your own role. Have you ever unknowingly contributed to a Team Toxin? If so, how? What could you have done differently?

Without changing your behavior, what will you pay attention to until the next coaching session?