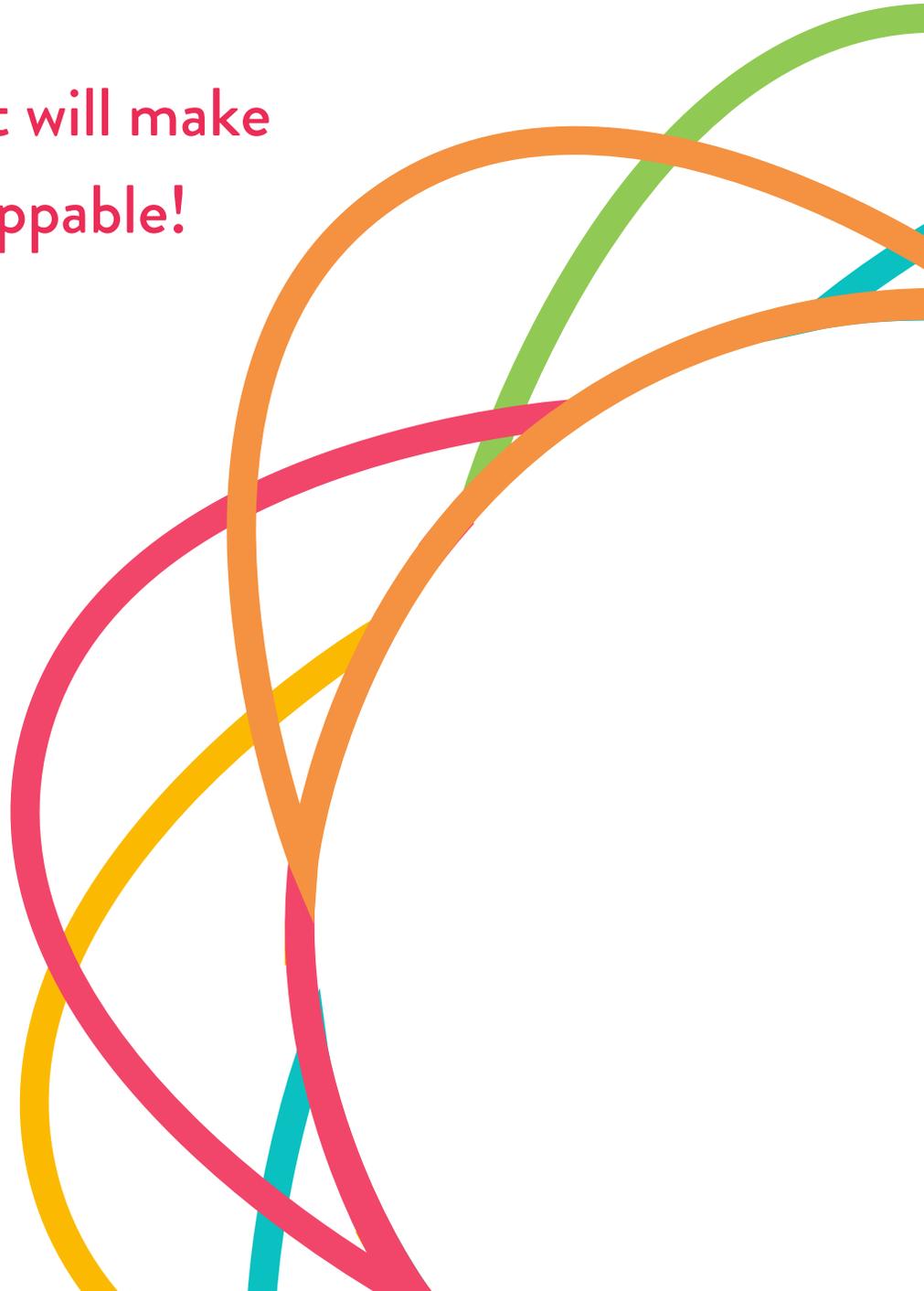


THE “FIRST-AID KIT” TEAM-BUILDING ACTIVITY

7 easy steps that will make
your crew unstoppable!



DOES THE EFFORT TO MAINTAIN HIGH MORALE FALL ON YOUR SHOULDERS ALONE?

Host a team-building event that creates **“Attitude First-Aid Kits”** and gives everyone tools to energize themselves and others. In the invitation, explain why this is an important step – is your team under stress due to rapid growth, reorganization, or technological change? People can stop a small setback from ruining a whole day or week by having ways to quickly restore a positive attitude after changes in deadline, a project snafu, or even an angry customer conversation. Even if you don’t have the official managerial title, you can be the catalyst for boosting resilience in your group.

1. Invite your people to a team-building event. It can be simple: a brown bag lunch, a break during a long meeting, or a happy-hour at the end of the day.
2. Include in the invitation Bonnie St. John’s TEDx talk (<https://bluecircleleadership.com/firstaidkitforattitudetedx/>) to provide context for what a “First-Aid Kit for Your Attitude” means.
3. Encourage attendees to bring First-Aid Kit items for themselves, and to share with others. Provide additional items, plus bags or boxes with your team logo or slogan for their starter kits.

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4. At the event, kickoff with a conversation about the importance of positive attitudes. Facilitate a discussion around actions that can “injure” the group’s morale – perhaps even cite specific examples. Tally up the potential business gains that could come from the team’s ability to shift from negative energy to positive energy. Reference statistics from the book, *Micro-Resilience*, on how positivity increases a team’s ability to embrace change, feedback, and diversity.
5. Either show the portion of the TEDx video that describes the concept of a “First-Aid Kit for Your Attitude,” or describe it yourself.
6. Have each person pick a partner and share what kinds of things they want to put in their own First-Aid Kit. Would it be digital, physical, or both? Each person can plan the kit(s) they want to have on hand at the office, as well as at home.
7. If people brought items to share, let attendees choose items to put in their bag or box.

That’s it! Now your team has a shared vocabulary and can help each other apply “First-Aid” when their attitude takes a hit. Everyone will feel more empowered to take responsibility for keeping a positive attitude—no matter what happens!



The Blue Circle Advantage

We partner with innovative companies and organizations of all sizes to support leaders who are at the forefront of business transformations. From Fortune 500 companies to professional organizations and associations, the Blue Circle Leadership Institute equips clients with unique tools and techniques to help them create a culture within their organizations that can sustain rapid growth, increase resilience, and thus generate breakthrough performance that transfers to bottom-line business results.

For more information, please contact us:

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