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Nick of Time Services

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Motivational Speaker

Life Coach

Author

Notary

First Aid/CPR Instructor

Nick of Time Services

It's

Never

Too

Late

For Success!!!

Strengthening Team Development and Rapport

The Body is Only as Good as its
Individual Parts

Team Development

- Definition: Enhancement of the effectiveness of work groups, by improving goal- and role-clarification and interpersonal processes.
- <http://www.businessdictionary.com/definition/team-development.html>

5 Stages of Team Development

- Every team goes through the five stages of team development. The first four stages of team growth were first developed by Bruce Wayne Tuckman and published in 1965.
- His theory, called "Tuckman's Stages" was based on research he conducted on team dynamics. He believed (as is a common belief today) that these stages are inevitable in order for a team to grow to the point where they are functioning effectively together and delivering high quality results.

5 Stages of Team Development

- In 1977, Tuckman, jointly with Mary Ann Jensen, added a fifth stage to the 4 stages: "Adjourning." The adjourning stage is when the team is completing the current project. They will be joining other teams and moving on to other work in the near future.

The 5 Stages

- Stage 1: Forming
- Stage 2: Storming
- Stage 3: Norming
- Stage 4: Performing
- Stage 5: Adjourning
- Handout (Explanation of Stages)

The 4 Agreements

Author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering

The 4 Agreements

- These self limiting beliefs are what help to keep teams apart and in discord.
- We have to start with ourselves before we can expect unity from anyone else.

The Four Agreements

1 BE IMPECCABLE WITH YOUR WORD

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

2 DON'T TAKE ANYTHING PERSONALLY

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3 DON'T MAKE ASSUMPTIONS

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.

4 ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

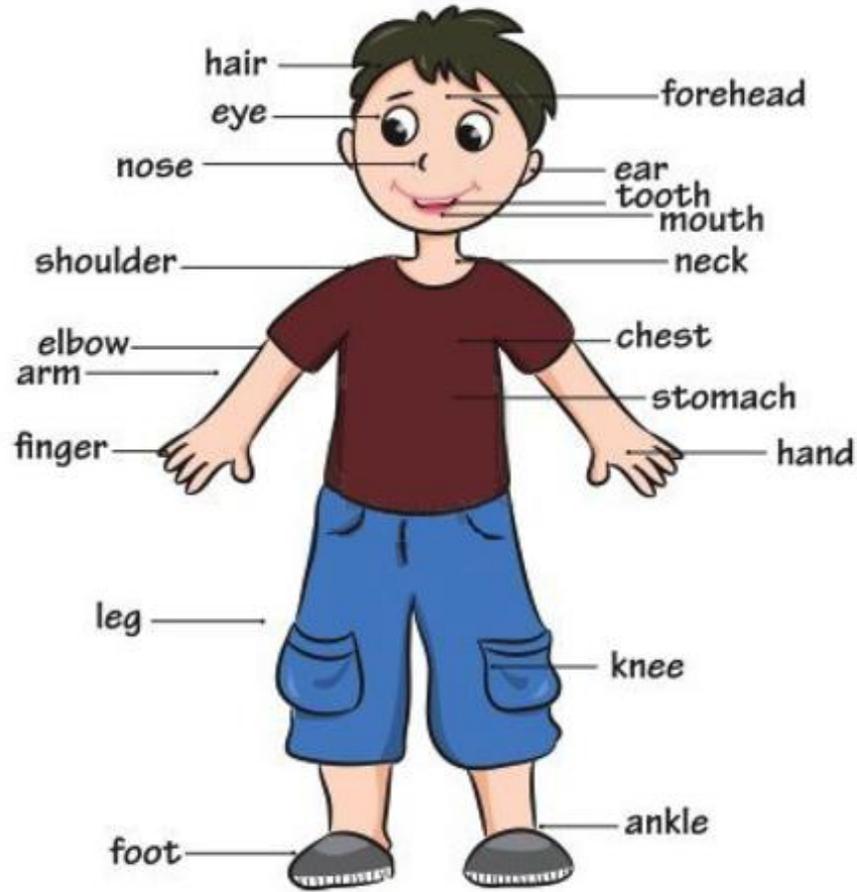
My commitment to the four agreements

- List in this block 3 things that you feel that you can work on regarding the four agreements.
- 1.
- 2.
- 3.

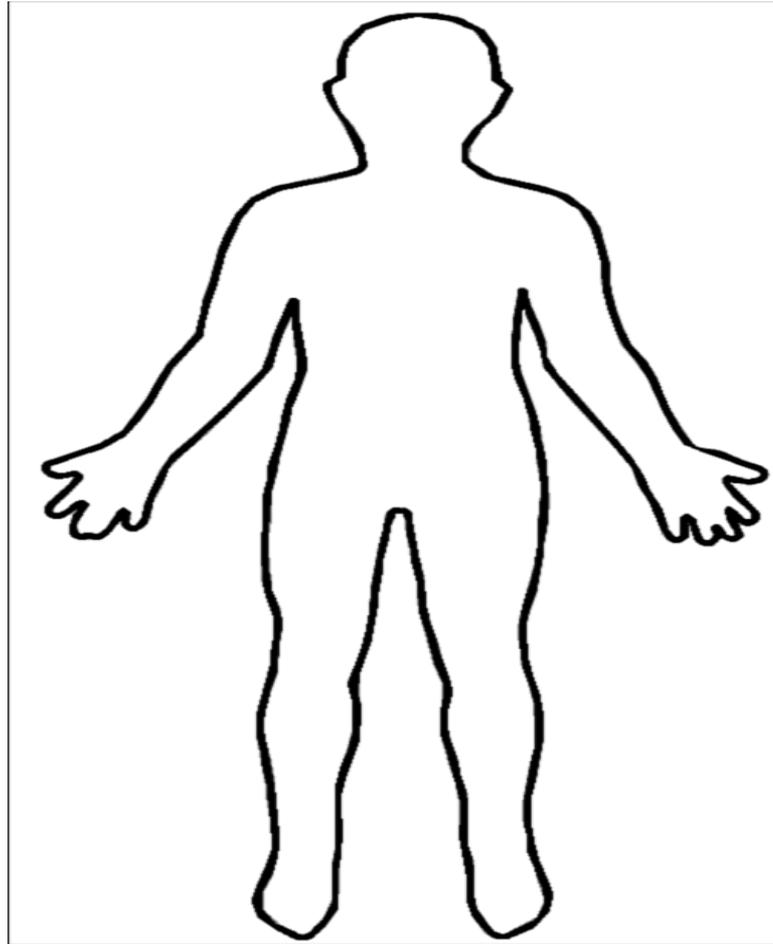
Need of The Unified Body

A team cannot positively develop without being unified.

Picture of a body



Activity: Make a Unified Body



Unified Body

- Healthy body
- Good appearance
- Positive flow of bodily systems (Communication)
- One mouth for output (delivery of information to public)
- Brain – know your stuff (have the right info)
- Play your part
- Working together – figure out the goal, timeframes
- Take team time once every 60 days
- Relaxation (stress relievers, pick a day)

My commitment to the body

- List in this block 3 things that you will personally commit to in helping with your part of the unified body.

What's in it for me?

- Team Cohesion
- Smoother Days
- Self Gratification
- Happy families and happy clients

So What is “Self Care”

- Self care includes any INTENTIONAL actions you take to care for your physical, mental and emotional health.
- Good self care is a challenge for many people.
- Self care is unique for everyone.

Support and Unity Basics

- Support in your personal life proves to promote unity in your work life.
- Live each day as if you are going to be the only sunshine that a person sees.
- Your self care will eventually rub off on others because darkness can't last in light for long.

Support and Unity Basics

- 1. Support Yourself
- 2. Support Each Other
- 3. Enjoy Each Day
- 4. Tomorrow You Can Always Start Over

Closing

- 5 Stages of Team Development
- The 4 Agreements
- The Unified Body
- Self Care