



developing individual excellence to create high performing businesses

Do we really know each other's potential?

Are we a balanced team?

Are we covering everything we need to?

Are tasks being matched to skills?

How can we improve the team's energy and communication?

Do we have a good process for planning and review?

Do we understand and maximise the value of difference and diversity?

How well do we accommodate each others' work preferences?

No-one forgets the buzz of working in a high energy, high performing team!

The Momentum approach helps individuals to understand how personal energies combine to create great teams. By understanding individual energies and preferences, you can more easily build balanced teams, fix broken teams, accelerating and enhancing individual and team performance.

You may work with a well-defined, established team or perhaps your team is loose or fragmented? You may be in charge, or the leadership could be dispersed. Whatever the structure or purpose of the team, your questions will be similar.

