

THE TED LASSO™ EFFECT

BUILDING TEAMS THAT MAKE EVERYONE FEEL LIKE A WINNER

Five Ways to Foster Teamwork and Camaraderie

1 Walk the Losada Line.

If you want to foster a positive culture, it takes three (2.9013) positive comments, experiences, or expressions to fend off the debilitating effects of a negative one.

2 Be 100% present 90% of the time.

The secret to maintaining great relationships at work and at home is to be in the moment and consistently help people feel understood, validated, and cared for.

3 Make your teammates look good.

The best teams are not comprised of individuals looking out for their own best interests. Instead, they're groups of people who are all trying to elevate the best interests of those around them. Every teammate is a "supporting actor."

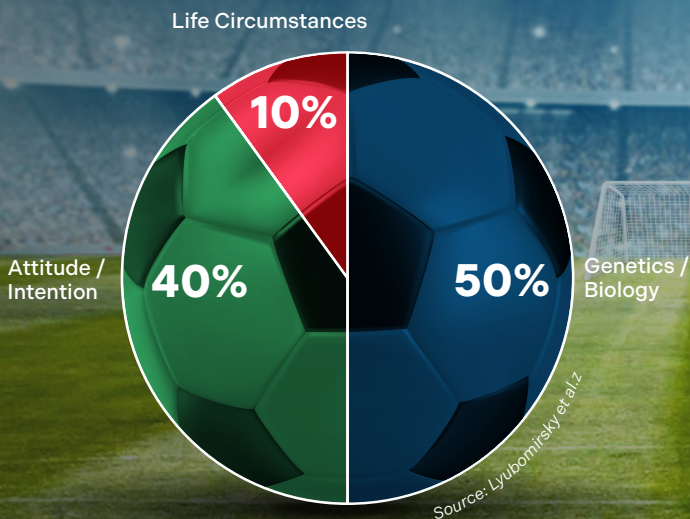
4 Be open and take things in stride.

5th graders routinely outperform adults on innovation and creativity tests. Why? Because they're not afraid to try new things and adjust on the fly when their circumstances change. Embrace new ideas from all voices to fuel better collaboration.

5 Embrace the Undoing Effect.

Cancel out an unhealthy, destructive, or negative thought by doing something uplifting to make yourself smile, laugh, or feel good. Consider doing something physical like a quick set of jumping jacks or taking a walk around the block.

What determines happiness?



Four Great Books (in case the Internet goes down)

- The Applied Improvisation Mindset – Dudeck & McClure
- The Happiness Advantage – Achor
- The Resilience Factor – Reivich
- Improv Wisdom – Madson

Challenge Questions:

1. What can you do with what you have?
2. What limitations are you adding to your job that aren't there?

Two Pearls of Wisdom from Coach Lasso

"Taking on a challenge is a lot like riding a horse. If you're comfortable while you're doing it, you're probably doing it wrong."

"Success isn't about wins and losses. It's about helping these young players [your team] be the best version of themselves on and off the field."

BELIEVE

TED LASSO is a registered trademark of Warner Bros. Entertainment Inc.