# EQi & Team Reflection Worksheet

Team, in the COLT Blueprint, is about collaboration, communication, and trust. Through the lens of Emotional Intelligence (EQi), teaming well means being attuned to group dynamics, practicing empathy, and creating psychological safety so others can thrive and contribute fully.

## Section 1 – Self-Reflection Prompts

• How do I emotionally respond to group conflict or disagreement?

• Do I listen for understanding, or to form a response?

• When have I supported a teammate who was struggling?

• How do I contribute to a culture of trust and inclusion?

## Section 2 – Leadership Behavior Self-Check

Rate yourself from 1 (Rarely) to 5 (Consistently):

□ I am aware of how my mood impacts team energy.

□ I adjust my approach to meet the needs of others.

□ I help resolve tension with empathy and objectivity.

□ I show appreciation for others’ contributions.

□ I invite all voices into conversations and decisions.

## Section 3 – Key Takeaways

• I contribute to team culture by \_\_\_\_\_\_\_\_.

• A recent moment I supported my team well was \_\_\_\_\_\_\_\_.

• I will improve team trust this week by \_\_\_\_\_\_\_\_.

"None of us is as smart as all of us." — Ken Blanchard