

Checking in with your team

Introduction

It can be really helpful to have a simple and easy way to check in with your team, it can be hard to judge this when teams are working remotely or under different conditions. This could just be sharing an emoji on a team chat and using this as a basis for checking in, or perhaps asking people to share a number out of 10 for how they are feeling.

Suggestion

You can run the following exercise virtually or if your team are in the same location, this could be done at the start of a regular team meeting you have and could even be repeated at the end of the meeting if helpful.

1. Ask your team to share an emoji on which ever platform you use to communicate regularly; this could be in MS Teams. See below for an example.
2. Then go around the room and invite people to share brief thoughts or comments on how this represents how they are feeling right now, it is okay for people to pass on commenting if they wish, suggest that no one spends longer than 30 seconds on this.

This will then help you to decide on who perhaps needs a bit more support in the team and perhaps who is feeling good and might have ideas they could share with others to support them.

