

## TRAINING ACTIVITY B-2

# Exploring Resilient Team Characteristics



Invite your colleagues or team members to complete the **Team Resiliency Inventory (TRI)**. Compare results and discuss your answers using the following questions:

- Which of the six characteristics of resilient teams are most evident within your workplace or team?
- Which of the six characteristics of resilient teams may need continued or further development?
- What specific actions could be undertaken to build resilient characteristics within your team or workplace?

### Resilient Teams are:



*Purpose Focused*



*Growth Oriented*



*Positive*



*Other Centered*



*Flexible*



*Proactive*