



# 4 stages of team development exercise

There are 4 stages of team development forming, storming, norming and performing.

You can read more about these stages in chapter 1 of my book or head over to the blog pages to understand the stages further.

Use this form to capture where you believe you are in your current team and why as well as where others are in your team and why.

What do you see, feel & hear to know that this is true?

What needs to happen to move you into the next stage?

Get in touch and unlock your potential.

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# TEAM DYNAMICS



## **Behaviour** – *Understand Self & Others*

1. *In each section capture how people behave – what would you **see, feel & hear**?*
2. *Capture which stage **you** are in with your **peer group** and **your team** – if there is a difference, **why**? What do you need to **enhance or change** to move through the stages? What **help & support** do you need?*
3. *Capture where each **individual team member** sits and why? What do you **see, feel & hear**? What do they need to **enhance or change** to move them through the stages? What would you include in their **development plan** and why?*

*Knowing what you know now – How has this helped you **understand yourself** more and **understand others** more?*

FORMING	STORMING
NORMING	PERFORMING