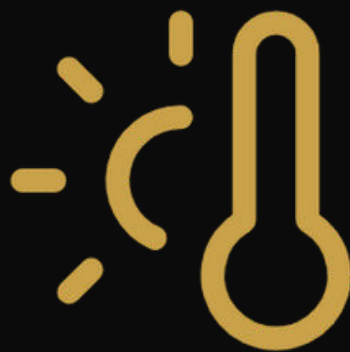




LEADERSHIP TOOL 007

TEAM TEMPERATURE CHECK

A practical reflection tool to help leaders take the temperature of their team.



THEQUIETLEADERHQ.COM

INTRODUCTION

Strong teams rarely become strong by accident. They develop through regular reflection, honest conversations and small improvements made over time. This tool provides a simple snapshot of how your team is functioning today, helping you identify both the strengths you can build on and the areas that deserve attention.

Ask each team member to complete the diagnostic individually before discussing the results. Responses can be anonymous if this encourages greater honesty. The statements are designed to stimulate meaningful conversations rather than provide a definitive score, and differences in perception often reveal the most valuable insights.

Approach the results with curiosity rather than judgement. You may discover perspectives you were not expecting or hear feedback that is uncomfortable. Resist the temptation to explain or defend. Listen carefully, seek to understand and look for the patterns that emerge across the team.

Once you have reviewed the results together, agree on one practical action that will strengthen the team before revisiting the tool at a later date. Small, consistent improvements are far more effective than trying to solve everything at once.

The value of this tool lies not in the scores you receive, but in the conversations you have and the actions you choose to take afterwards.

HOW WOULD YOU RATE YOUR TEAM?

1 = Strongly disagree 5 = Strongly agree

	1	2	3	4	5
1. We trust one another	☐	☐	☐	☐	☐
2. We communicate openly & honestly	☐	☐	☐	☐	☐
3. We understand our shared priorities	☐	☐	☐	☐	☐
4. We support one another during busy periods	☐	☐	☐	☐	☐
5. Meetings help us move our work forward	☐	☐	☐	☐	☐
6. We address issues before they become problems	☐	☐	☐	☐	☐
7. Everyone feel able to contribute their ideas	☐	☐	☐	☐	☐
8. We hold one another accountable, respectfully	☐	☐	☐	☐	☐
9. We celebrate progress and success	☐	☐	☐	☐	☐
10. We understand where we are heading	☐	☐	☐	☐	☐
11. We understand the journey we need to take	☐	☐	☐	☐	☐
12. Overall, this is a healthy team	☐	☐	☐	☐	☐

OUR GREATEST STRENGTHS ARE...

OUR SINGLE BIGGEST OPPORTUNITY TO IMPROVE IS...

ONE ACTION WE WILL COMMIT TO BEFORE REVIEWING THIS AGAIN IS...



A QUIET LEADER PRACTICE

Healthy teams are not the ones without problems. They are the ones that notice issues early, talk about them honestly and improve together.