



4-3-2-1 Pulse Check

Inspired Updates + Connection

This agenda is designed to both exchange the highest priority updates and produce inspiring conversations that increase motivation and commitment.



🕒 5 - 10 MINS

4: Check In

Resilience + Inspiration

- Facilitate a shared energy reset.
- Check in: How is everyone doing?
- Share moments of hope and optimism.
- Celebrate progress & wins.



🕒 10 - 20 MINS

3: Progress To Team Effectiveness

Breaking News + Information Sharing

- Share key updates.
- Share & implement best practices.
- Where can you support one another?



🕒 5 - 15 MINS

2: Next Level Teaming

Key Learnings + Team Aspirations

- Share key learnings: opportunities + feedback.
- Define next level leadership for your team.



🕒 5 - 10 MINS

1: Appreciation Close

Appreciation + Connection

- What do you appreciate most about each-other?