



Corentus Community of Global Practitioners

with a Passion for Transforming Teams

















Executive Certificate in Leadership Coaching

















Development. Support. & Care



Our Time Together

- State of Mind Check-in
- This Month's Theme
- Thought Leader & Q&A
- Mindfulness Moment





Corentus State of Mind Check-in

+3				
+2	ELATED	EUPHORIC	ECSTATIC	
+1	HAPPY	ENERGIZED	EXCITED	
0	SATISFIED	CALM	CONTENT	
1	STRESSED	TIRED	ANXIOUS	— neutrut ti
-1	FRUSTRATED	DISAPPOINTED	ANGRY	
-2	DEPRESSED	HOPELESS	DESPERATE	
-3				





State of Mind is Contagious

What Are You or Your Team Spreading?

This Month's Theme

The unexpected source of stress and what you can do about it."

with John Roberts

with John Roberts

with John Roberts

This Month's Thought Leader

JOHN ROBERTS

Meditation Instructor,
Executive Coach,
and Corentus faculty member
responsible for
the Being program!







Team's Journey

The Corentus Team Wheel™ Key Dimensions of Team Effectiveness

- Common Purpose
- Shared Goals
- Scope

- Ownership & Engagement
- Agreements & Commitments
- Feedback & Improvement
- Execution & Delivery



- Team Membership
- Team Leadership
- Roles & Responsibilities
- Authority & Decision Rights
- Competencies
- Meeting Effectiveness
- Planning & Organizing
- Problem-Solving
- Decision Making
- Communication
- Conflict Management
- State of Mind & Energy
- Inclusion & Integration
- Trust & Safety
- Development & Growth