

TEAM RELATIONSHIP BUILDING ASSESSMENT

Questions	Score
How often do you laugh and play together as a team? 1 Never Often 10	
How often do you do things to learn and grow together? 1 Never Often 10	
How well do you feel you know your team members? 1 Not at all I Know Them Well 10	
If you feel burned out, sick, or have a personal issue, how safe do you feel about telling your colleagues? 1 Not Safe at All Completely Safe 10	
If you make a mistake, how comfortable do you feel admitting it to your colleagues? 1 Not Safe at All Completely Safe 10	
If you feel frustrated with a colleague, how comfortable do you feel asking them to speak? 1 Not Comfortable Completely Comfortable 10	
If you are struggling with a task, how comfortable do you feel to ask for help? 1 Not Comfortable Completely Comfortable 10	
How often do you and your colleagues celebrate and express your appreciation for each other? 1 Never Often 10	
When we have a conflict on the team, we most often 1 Avoid the Issue Address it Head on 10	
How valued do you feel by your team? 1 Not Valued Fully Valued 10	
Total:	

How are you really doing? Use this assessment to reflect on how you're doing at building and maintaining relationships on your team. Without thinking too much, rate your general experience on the following ten questions. After calculate your total, and we will discuss the scoring system at the beginning of the course.