90-Minute Team Reset

A focused, high-impact session that realigns priorities, strengthens accountability, and restores team momentum.

Overview

When teams feel off track, overloaded, misaligned, or reactive, they may not need a retreat. They may just need a reset. This structured, fast-moving working session surfaces friction, simplifies priorities, and creates clear next steps. Using the RESET framework, your team will identify what is drifting, clarify what matters most right now, and establish practical commitments for the next 90 days. Your team leaves with sharper focus, cleaner agreements, and a realistic action plan.

Who this workshop is right for:

- Teams that feel busy but not fully aligned.
- Teams navigating change, growth, or leadership transition.
- Teams that need clarity, accountability, and renewed momentum.

Goals

- Clarify the top priorities that matter most right now.
- Identify friction points and performance gaps impacting results.
- Strengthen communication, ownership, and behavioral agreements.
- Create a focused 90-day action plan with accountability built in.

"Our team was engaged and embraced the opportunity to build a stronger team through understanding of each other's styles." ***~ Panduit***

Details

Length
1.5 - 2 hours

Venue
Indoors or virtual

Group size
5-500 people

Includes
- ✓ Pre-event assessment
- ✓ Professional facilitation
- ✓ Impactful discussions
- ✓ Application exercises
- ✓ Research based materials
- ✓ Digital review materials

Rates

Format	First 10 people	11-150 people	150+
In-person	$2,450	$35 pp	*call*
Virtual	$1,950	$25 pp	*call*

Add 12-week DIY support: $495
Add 12-week COACH support: $1,895

90-Minute Team Reset

Agenda & Activities

Pre-event Leader Interview *(30 minutes)* The team leader and facilitator discuss desired and realistic outcomes. This ensures the program addresses the specific needs of the team.

Welcome and Reset Context *(5 minutes)* The facilitator welcomes the group, sets expectations, and frames the purpose of the reset.

Intro Teamwork Challenge *(10 minutes)* We jump right into the program with a thought-provoking team activity that requires ideas and input from the entire group to solve. This exercise highlights what feels off track and what is at stake if nothing changes.

Recognize: Surface the Friction *(10 minutes)* Through guided discussion and structured prompts, the team identifies performance gaps, misalignment, energy leaks, or communication breakdowns. Patterns are clarified without blame.

Evaluate: Working / Not Working *(15-20 minutes)* The group reviews strengths, blind spots, and system breakdowns using the RESET framework and Teamwork Compass lens. Root causes are identified and simplified.

Simplify: Focus on What Matters *(10-15 minutes)* The team identifies its top three priorities for the next 90 days. Roles, decision rights, and behavioral agreements are clarified to reduce noise and confusion.

Execute: 90-Day Action Plan *(10-15 minutes)* The team defines clear commitments for the next 90 days, assigns ownership, and identifies the specific actions required to move forward.

Track: Team Scoreboard (5-10 minutes) The team establishes simple metrics, agrees on how progress will be measured, and determines where results will be visible. Accountability is confirmed before leaving the room.

Wrap-up and Commitments *(5 minutes)* Each participant identifies one behavior or action they will personally own to support the reset.

Virtual Group Follow-up *(30 minutes)* Approximately one month after the event, your facilitator hosts a virtual session to review progress, reinforce key commitments, and adjust the action plan as needed.

90-Minute Team Reset

RESET Modules Menu

Choose the reset that matches your team's current friction point.

Alignment Reset

Friction Signals
- Too many priorities
- Conflicting direction
- Unclear ownership

Focus
Clarify top priorities, define roles and decision rights, and align on measurable outcomes for the next 90 days.

Outcome
Clear direction and focused execution.

Strategy and Focus Reset

Friction Signals
- Strategic drift
- Initiative overload
- Stalled momentum

Focus
Simplify competing initiatives, sharpen priorities, and reconnect to the bigger picture.

Outcome
Renewed clarity and forward movement.

Accountability Reset

Friction Signals
- Missed deadlines
- Repeated breakdowns
- Blame patterns

Focus
Identify system gaps, reset commitments, and establish visible tracking to strengthen follow-through.

Outcome
Stronger ownership and consistent results.

Burnout and Energy Reset

Friction Signals
- Exhaustion
- Emotional reactivity
- Declining engagement

Focus
Identify energy leaks, reset boundaries, and align workload with sustainable performance.

Outcome
Stabilized energy and realistic commitments.

Culture and Trust Reset

Friction Signals
- Low morale
- Unspoken tension
- Silence in meetings

Focus
Surface concerns constructively, clarify expectations, and reinforce behavioral agreements.

Outcome
Greater trust and healthier communication.

Leadership Transition Reset

Friction Signals
- New leader integration
- Role confusion
- Shifting expectations

Focus
Clarify leadership expectations, define decision authority, and align the team around new direction.

Outcome
Faster integration and unified momentum.