



Mud Runs and Veterinary Hospital Teams

YOUR NAME: _____ **DATE:** _____

What stood out for you in the Mud Run Lecture related to yourself?

What stood out for you in the Mud Run lecture related to your team dynamics?

Of the 10 points discussed which resonated with you the strongest and why?

Of the 10 points discussed which do you feel your current team truly embraces and why?

Of the 10 points discussed, which do you feel your current team has opportunity to incorporate better into the daily flow?



Mud Runs and Veterinary Hospital Teams

Point One talks about the value of culture. How would you describe your culture within your current team? _____

Building on Point One, how can you help to develop and/or support a supportive and resilient team culture? _____

Point Four talks about accomplishments and taking the time to recognize and celebrate them. How can you support your team to help recognize and celebrate their daily accomplishments? _____

Point Six talks about how some days we are the motivator and some days the motivatee. How is this point embraced within a team? _____



Mud Runs and Veterinary Hospital Teams

Point Seven talks about sacrifices that are made from everyone throughout the day. How does a team ensure they do not fall into the path of Name, Blame, Judge related to this point? _____

Point Eight discusses how we each follow our own path throughout the day yet are still together. What does the concept of “yet still together” mean and how does this relate to your team? _____

Point Ten discusses how we have the same goal yet different reasons to elect to work within a veterinary hospital. What is your reason for working in a vet hospital? _____

Building on Point Ten, share your reason with 2 other people and hear what their reasons are? _____



1 Life Connected

Mud Runs and Veterinary Hospital Teams

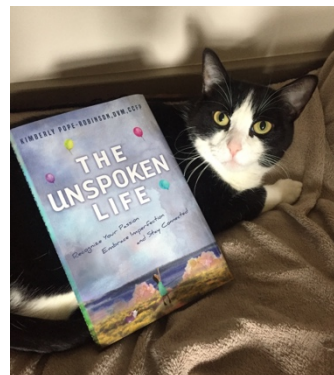
With the 1 Life Connected message fresh in your mind.

What is your commitment to supporting the 10 points within your team?

Be 1 Life Connected!

We are mindful of our response
We create our environment
We embrace our emotions
We find self-forgiveness

Kimberly Pope-Robinson DVM, CCFP
1 Life Connected
Connecting Careers with Life's Passion
k.pope-robinson@1lifecc.com
www.1lifecc.com
916-847-4807



Email: k.pope-robinson@1lifecc.com
Phone: 916-847-4807