

'I think, fundamentally, you have to want to be married. I always say jokingly, Well, what's the secret of marriage? We both didn't want to get divorced at the same time.' - Bruce Paltrow

The same is true for any relationship, professional or personal. Fundamentally you have to want to be in partnership, to be in the team and a part of the team.

>> We are not always aligned, constructive or rational.

However, when we aren't it's incredibly helpful when the other person or people are.

Having compassion and care for ourselves and others is the antidote to shame and blame when this happens.

Coming together takes time and investment

Keeping together takes more investment, honesty and courage.

Investing and reinvesting (just like date night) means that working together becomes more constructive, enjoyable and productive.

How will you invest in your team today?

Where would compassion and curiosity shift the dial to a more constructive space?

Working with individuals and teams lights me up, seeing them get the results that are both expected and unexpected is magical.

Pollyanna