

AGENDA · RUNNING ORDER

Team profile Workshop

C-me Team Profile workshop run across, **a single 90-minute session** that works through this team's own Team Profile report, section by section.

1.5 hrs

TOTAL TIME

9

SECTIONS

1

SITTING

	5 min	Welcome, aims and ground rules
	5 min	Revisit the colour wheel and team contributions (skip if the team is very familiar with C-me)
	5 min	Reveal this team's own Team Wheel
	7 min	Section 1: Team Overview
	8 min	Section 2: Trust & Safety
	7 min	Section 3: Strengths & Watch-outs
	8 min	Section 4: Pressure Gap
	8 min	Section 5: Meeting Rhythm
	7 min	Section 6: Decision Protocol
	8 min	Section 7: Conflict Protocol
	9 min	Section 8: Team Lifecycle
	8 min	Section 9: Where to Grow Next
	5 min	Closing commitment: one team, one personal



AGENDA · RUNNING ORDER

Team Profile Workshop

C-me Team Profile workshop, split across **three one-hour sessions** for teams who'd rather spread the work over separate sittings.

3 hrs

TOTAL TIME

9

SECTIONS

3

SITTINGS

Session 1: Foundations

5 min	Welcome, aims and ground rules
5 min	Revisit the colour wheel and team contributions
5 min	Reveal this team's own Team Wheel
10 min	Section 1: Team Overview
15 min	Section 2: Trust & Safety
15 min	Section 3: Strengths & Watch-outs
5 min	Close the session, park anything unfinished

Session 2: How we work

5 min	Welcome back, recap the aims
15 min	Section 4: Pressure Gap
20 min	Section 5: Meeting Rhythm
15 min	Section 6: Decision Protocol
5 min	Close the session

Session 3: Who we're becoming

5 min	Welcome back, recap the aims
15 min	Section 7: Conflict Protocol
15 min	Section 8: Team Lifecycle
15 min	Section 9: Where to Grow Next
10 min	Closing commitment: one team, one personal