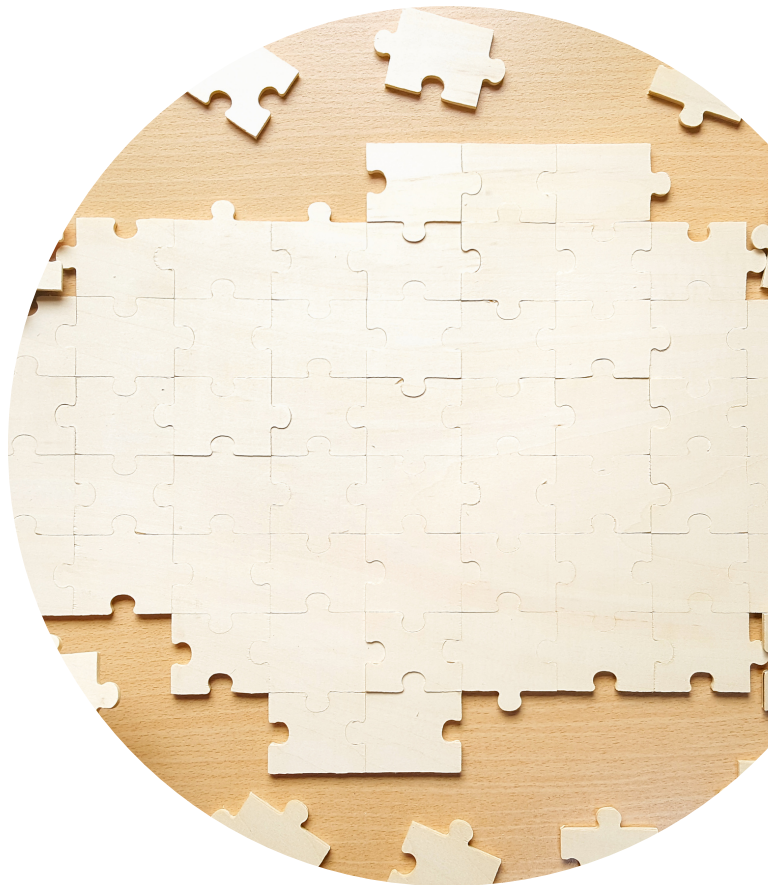# The Mental Game Clinic

BUILD TEAM COHESION

DEVELOP GROUP NORMS

Decide on norms for your team. What kinds of groundrules does the team want to have that guide the behaviour of the group? These could be your standards of conduct as a group.

SET UP TEAM GOALS

Make clear goals for your team. Be sure to include not just outcome goals but performance and process goals too (see the goal-setting guidelines for more on the different types of goals). Make time to evaluate your progress as a team too..

IDENTIFY WHAT MAKES YOUR TEAM UNIQUE

Discuss the unique traditions or history of your team. Develop mottos and logos to represent what makes your team unique. Consider displaying them or even creating your own merchandise to represent the team.

CREATE AN ENVIRONMENT OF TRUST AND RESPECT

Encourage interaction and communication such as an online group forum, group non-work activities and providing opportunities for team input..