



Team Check-In

CP3 Toolkit: Leadership & Culture

Purpose: Developed by Catalyz, this tool supports a quick check-in to see how people are feeling at that time and to set the tone for the meeting. Note: the goal is not for everyone to be at a “1” – it’s to better understand where team members are in terms of mood and energy.

Instructions: At the beginning of a meeting, each participant reflects on what number they are:

