

# TEAM WORKSHOPS OVERVIEW

Discover all the workshops available with accompanying workbooks, facilitator guides, and presentations to turn MPACT insights into action for your teams or clients.

MPACT  
Quotient



# INTRODUCTION

We believe MPACT is incredibly valuable in a team context, because it is designed to help you understand the unique way you bring out the best in other individuals, teams and organizations. We have developed several team workshops to help you lead your team through their MPACT results as a group so they can better understand how their design benefits and complements the people around them.

We would love to help answer any questions you may have about using these Workshops for your team. Please contact us at: [support@mpactq.com](mailto:support@mpactq.com)

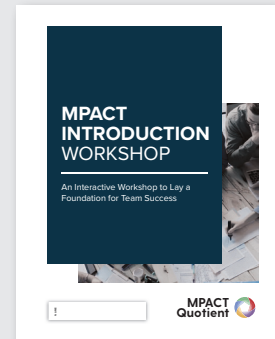
We'd love to hear from you!

# INTRODUCTORY WORKSHOPS

## Introduction to MPACT

### OVERVIEW

In this workshop, participants will learn about MPACT and its framework, as well as begin to uncover their own design. They will gain awareness of their team's MPACT Couplets, and engage in open communication about what each member contributes to the team.



### LEARNING OBJECTIVES

Participants will:

- Understand each of the MPACT Framework components.
- Identify their team's MPACT representation.
- Learn about their Couplet, and what it means in the context of the team.
- Gain a foundational understanding of their Reporting Insights.
- Establish actionable next steps to help them apply what they learned.

### OUTLINE:

#### PART 1: INTRODUCTION

What is MPACT?

#### PART 2: INDIVIDUAL & TEAM EXERCISES

Framework Overview

Quotients

*Exercise 1: Group Exercise*

Couplets

*Exercise 2: Exploring My Couplet*

Reporting Insights

*Exercise 3: Insight Discussion*

#### PART 3: NEXT STEPS

Next Steps for Your Team

DETAIL	INFORMATION
<b>Length</b>	Min. 2 Hours
<b>Target Audience</b>	Team that wants to grow, improve, and become more self-aware
<b>Target Size</b>	Ideal for small teams but works with large groups in of tables of 8
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Participant Workbooks</li> <li>• Facilitator Guide</li> <li>• PowerPoint Presentation</li> </ul>
<b>Multimedia</b>	Introduction to MPACT, The MPACT Framework, Why MPACT

# INSIGHTS WORKSHOP: STRENGTHS

## STRENGTHS: WHY OTHERS NEED YOU

### OVERVIEW

In this workshop, participants will learn and discuss their own Strengths Insights, as well as the Strengths of their team members. They will be equipped to turn these insights into action and help the team appreciate and utilize each other's Strengths.



### LEARNING OBJECTIVES

Participants will:

- Identify and evaluate their own Strengths Insights.
- Share and discuss those Insights as a group.
- Gain awareness of team member Strengths.
- Develop language to help them communicate these Strengths in the future.
- Create a plan for asserting their Strengths for the team's benefit.

### OUTLINE:

#### PART 1: INTRODUCTION

Introduction to Strengths Insights  
MPACT Framework Overview

#### PART 2: INDIVIDUAL & TEAM EXERCISES

Exercise 1: Insight Analysis  
Exercise 2: Group Discussion

#### PART 3: CREATE AN ACTION PLAN

Application & Next Steps

DETAIL	INFORMATION
<b>Length</b>	Min. 1.5 Hours
<b>Target Audience</b>	Team that wants to grow, improve, and become more self-aware
<b>Target Size</b>	Ideal for small teams but works with large groups in of tables of 8
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Participant Workbooks</li> <li>• Facilitator Guide</li> <li>• PowerPoint Presentation</li> </ul>
<b>Multimedia</b>	Introductory videos (MPACT Framework etc.)

# INSIGHTS WORKSHOP: BLINDSPOTS

## BLINDSPOTS: WHY YOU NEED OTHERS

### OVERVIEW

In this workshop, participants will learn and discuss their own Blindspots Insights, as well as the Blindspots of their team members. They will be equipped to turn these insights into action and foster more effective collaboration on the team.



### LEARNING OBJECTIVES

Participants will:

- Identify and evaluate their own Blindspots.
- Understand how their Blindspots affect the team.
- Gain awareness of team member Blindspots
- Identify team members who have Strengths where they have Blindspots.
- Create a plan to collaborate with team members who can help minimize their Blindspots.

### OUTLINE:

#### PART 1: INTRODUCTION

Introduction to Blindspots Insights  
MPACT Framework Overview

#### PART 2: INDIVIDUAL & TEAM EXERCISES

Exercise 1: Insight Analysis  
Exercise 2: Group Discussion

#### PART 3: CREATE AN ACTION PLAN

Application & Next Steps

DETAIL	INFORMATION
<b>Length</b>	Min. 1.5 Hours
<b>Target Audience</b>	Team that wants to grow, improve, and become more self-aware
<b>Target Size</b>	Ideal for small teams but works with large groups in of tables of 8
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<b>Multimedia</b>	Introductory videos (MPACT Framework etc.)

# INSIGHTS WORKSHOP: OPPORTUNITIES TO GROW

## PRACTICAL STEPS FOR IMPROVEMENT

### OVERVIEW

In this workshop, participants will learn about and discuss their Opportunities to Grow, as well as those of others on their team. They will turn these insights into practical steps for improvement that will benefit the team.



### LEARNING OBJECTIVES

Participants will:

- Identify and evaluate their own Opportunities to Grow.
- Recognize and discuss how growth in these areas will benefit the team.
- Identify roadblocks to growth in these areas.
- Create an action plan for change in these areas.
- Create accountability and group awareness through guided interactive discussions.

### OUTLINE:

#### PART 1: INTRODUCTION

Introduction to Opportunities to Grow  
MPACT Framework Overview

#### PART 2: INDIVIDUAL & TEAM EXERCISES

Exercise 1: Insight Analysis  
Exercise 2: Group Discussion

#### PART 3: CREATE AN ACTION PLAN

Application & Next Steps

DETAIL	INFORMATION
<b>Length</b>	Min. 1.5 Hours
<b>Target Audience</b>	Team that wants to grow, improve, and become more self-aware
<b>Target Size</b>	Ideal for small teams but works with large groups in of tables of 8
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<b>Multimedia</b>	Introductory videos (MPACT Framework etc.)

# INSIGHTS WORKSHOP: TEAM DYNAMICS

## DEVELOPING TEAM AWARENESS

### OVERVIEW

In this workshop, participants will learn about how a person's MPACT Couplet can affect the dynamics of the whole team. They will gain greater team awareness and create a plan that will help the team navigate and utilize these insights.



### LEARNING OBJECTIVES

Participants will:

- Recognize the role that MPACT Quotients play in Team Dynamics.
- Understand potential challenges or complements to their design.
- Identify which zones (Comfort, Complement, and Challenge) different team members fit into.
- Closely examine how the dynamic with one team member affects the whole team.
- Create a plan for improving effective collaboration with that team member.

### OUTLINE:

#### PART 1: INTRODUCTION

Introduction to Team Dynamics  
MPACT Framework Overview

#### PART 2: INDIVIDUAL & TEAM EXERCISES

Exercise 1: Insight Analysis  
Exercise 2: Group Discussion

#### PART 3: CREATE AN ACTION PLAN

Application & Next Steps

DETAIL	INFORMATION
<b>Length</b>	Min. 1.5 Hours
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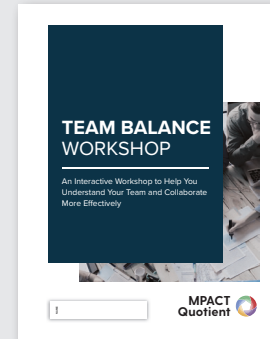


# TEAM BALANCE WORKSHOP

## IMPROVING COLLABORATION

### OVERVIEW

This workshop is designed to help you identify how your team's expression of the Quotients impacts your collective goals. We want to provide space and guidance for your team to define practical steps to help you better utilize MPACT together.



### LEARNING OBJECTIVES

Participants will:

- Develop a better understanding of how MPACT affects the team.
- Analyze the team's MPACT expression and gain understanding about how that team demonstrates that expression.
- Define goals for the team and recognize how their MPACT balance will help or inhibit these goals.
- Create an action plan for how the team will ensure each Quotient is represented equally on the team.

### OUTLINE:

#### PART 1: INTRODUCTION

MPACT on Teams  
Workshop Purpose

#### PART 2: INDIVIDUAL & TEAM EXERCISES

Exercise 1: Quotient Introduction  
Exercise 2: Team Balance  
Exercise 3: Team Goals

#### PART 3: CREATE AN ACTION PLAN

MPACT Quotient Plans  
Suggested Next Steps

DETAIL	INFORMATION
<b>Length</b>	Min. 1.5 Hours
<b>Target Audience</b>	Teams that want to grow, improve, and become more self-aware
<b>Target Size</b>	Ideal for small teams
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Participant Workbooks</li> <li>• Facilitator Guide</li> <li>• PowerPoint Presentation</li> </ul>
<b>Multimedia</b>	Introductory videos (MPACT Framework etc.)





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