

# EXCEPTIONAL DIFFERENCE®

## Thriving on Teams

Master the Pressure. Own the Outcome.

*Pressure doesn't build character; it reveals preparation.*

- *Are your people consistently late to meetings, if they even show up?*
- *Are commitments regarded as your team members' word and bond, or are they merely suggestions?*
- *Are people aligned with and connected to the mission and value of the organization?*

*Your mission begins with your team. High-stakes execution demands high-trust teams.*

### WHAT IS THRIVING ON TEAMS?

*Thriving on Teams* is a powerful, one-day course that equips students with the mindset, behaviors, and communication skills needed to perform and thrive on high-pressure, high-stakes teams. This highly interactive course employs:

- **Case Studies:** Discuss real-world scenarios with experts who have lived through the experiences and have scar tissue to prove it.
- **Interactive Dialogues:** Engage in dynamic discussions that foster deep insights and innovative thinking.
- **Table Exercises:** Learn from colleagues as groups discuss the concepts and apply them to real-world situations.
- **Expert Guidance:** Receive coaching and support from Exceptional Difference's seasoned professionals, who have decades of leadership experience, have written multiple books and papers, and do leadership consulting around the world.

### WHO SHOULD PARTICIPATE?

The program has been successfully delivered to professionals across a broad range of roles.

- Engineers and technical professionals early in their careers
- Knowledge workers operating in high-pressure team environments
- Team members who want to be more effective, reliable, and trusted
- Team leaders who want a constructive way to reset expectations and improve team performance
- Training and onboarding programs seeking practical, high-impact team development

**WHY THRIVING ON TEAMS?** In high-pressure environments, teams struggle with missed commitments, poor meeting discipline, rework, silence when people should speak up, and friction. This course builds professionalism and confidence, helping participants take ownership, collaborate effectively, and deliver exceptional results even under demanding conditions.

### HAVE YOU INVESTED IN TRAINING THAT FEELS GOOD—AND CHANGES NOTHING ?

Rather than passively absorbing facts, this course combines: Real-world case studies drawn from complex, high-consequence environments | Interactive dialogue that challenges assumptions and surfaces hard truths | Small-group exercises that turn insight into action | Expert facilitation and mentoring grounded in decades of engineering and leadership practice.

*Thriving on Teams* is a guided conversation about what it takes to succeed on teams when pressure is unavoidable.

## THE EXCEPTIONAL FEW

The exceptional few are forged through extraordinary experiences, *Thriving on Teams* is a catalyst for those who aspire to more. It equips participants with the skills, mindset, and conviction to not just become exceptional team members but create exceptional team cultures in which everyone thrives. At Exceptional Difference, we believe being exceptional is a daily choice, one team can change an organization. It all starts with the exceptional.

## WHAT YOU GET

*Thriving on Teams* graduates:

- Understand the expectations of professionalism and teamwork in complex environments
- Apply the Five Obligations of Engineering to guide decision-making under pressure
- Learn when and how to speak up, influence effectively, and contribute to team success
- Strengthen collaboration, accountability, and personal ownership of results
- Build habits for clarity in communication, documentation, and follow-through
- Gain confidence as valued contributors and mentees within expert teams
- Develop resilience and composure to sustain excellence in challenging circumstances

## DON'T JUST TAKE OUR WORD FOR IT

*Thriving on Teams* Graduates are highly successful. Our graduates have become high-performing team members and highly motivated employees that have thrived in their environments. Join the transformation!

“*I learned to recognize value – not just in my work but in the people I work with. This class is applicable to daily work and valuable for anyone”*

“*I think defining and prioritizing my goals will affect my everyday tasking. It was an awesome course to align one's goals.”*

“*There's always room to grow, and when barriers pop up, overcome them.”*

“*I learned that we have a responsibility to speak up and ask better questions.”*

“*Understanding not just what is most important, but why, resonated with me and will impact how I view my work!”*

“*Everyone should take this class to grow!”*

## WE'RE HERE FOR YOU

Contact us today to start your journey—whether by joining a public offering or hosting a private one for your organization. For decades, we've empowered thousands of employees, teams, and leaders. Let us help you create a Cultures of Excellence where everyone thrives. See our website for details or connect with us.



Julia Mullaney



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