

This is a basic outline of our revolutionary Board/Team Dynamics Process, (BDP). It consists of three stages and nine steps.

# Board/Team Dynamics Process (BDP)

A board/team is capable of just about anything when board/team members are emotionally connected. They perform better, are more fulfilled, and set an inspiring culture for the entire company. Board/team members impact each other in amazing way. The following stages and steps identify and address emotional disconnections that occur in relationships and serve as a guide to reconnect team members in a systematic, scientific way.

## STAGE 1

Focuses on identifying the current cycle of interaction, the current engagement where board/team members start to understand and become aware of their interactional patterns and understand the components that pull members closer to each other creating safety and emotional connection.

## STAGE 2

Board/team members start to change emotional signals they send to each other and begin to create a positive pattern of interaction and engagement. Meetings start to become more collaborative and the team slowly becomes aligned with the organization's purpose and goals. Board/team members become more accessible, responsive, and engaged, fostering safety and connection which leads to more productive meetings.

## STAGE 3

Focuses on integrating the new interactional pattern, creating bonding moments, validating and reinforcing safety and emotional connection.

*Each stage is designed to foster safety, unite board/team members, and increase engagement, performance, and board satisfaction.*

### STAGE 1

#### Identifying Current Interactional Cycle

##### STEP 1

Understanding the current process and interaction difficulties.



##### STEP 2

Identifying and developing awareness of the ineffective steps in the cycle.



##### STEP 3

Understanding the underlying emotions and triggers contributing to the negative cycle.



##### STEP 4

Becoming aware of the problem in terms of the negative cycle and identifying safety needs.

### STAGE 2

#### Restructuring Pattern – Developing Cohesion

##### STEP 5

Aligning the board/team through deepening each member's active engagement.



##### STEP 6

Promoting to be accessible, responsive, and engaged, creating new interactional responses.



##### STEP 7

Facilitating new interaction through open emotional engagement and bonding moments.

### STAGE 3

#### Integration & Validation

##### STEP 8

Integrating new interactional responses when addressing differences and challenges.



##### STEP 9

Validating effective interaction, reinforcing safety and maintaining emotional connection.

#### FOR MORE INFORMATION, CONTACT

Level Five Executive, Inc.  
2901 W. Coast Hwy, Suite 200  
Newport Beach, CA 92663

(714) 992 - 4561  
info@levelfiveexecutive.com  
levelfiveexecutive.com