IP BEST PRACTICES

From Team Drama to Flow with Moodmap

A best practice shared by Cornelia Schlatt.

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From Team Drama to Flow with Moodmap

Enables teams to move from hidden tension to flow by making individual thinking patterns, needs and stress responses visible, turning diversity into collective strength.

Key steps

Use the Mood Map as a diagnostic team workshop tool to visualize individual tendencies and team dynamics, building self-awareness through a simple assessment based on three core competences: Relationship (yellow), Action (red), Analytical (blue).

Support self-leadership by helping individuals recognize strengths, stress patterns and their potential in flow.

Bring all profiles together in a shared team map, making differences, tensions and complementary strengths visible at a glance, enabling teams to consciously shift from drama to flow, using diversity as a resource for trust, collaboration and a strong sense of 'WE'.

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