

ALIGN &TM THRIVE



**Team Alignment
Digital Download**

Dr. A. A. Igboegwu-Okwum



Hi, I'm Dr. Amarachi A. Igboegwu-Okwum, Founder of Ignite2Transform and creator of the Align & Thrive™ Coaching Programme, designed to help you build stronger, more aligned teams.

Leading a team comes with challenges- conflicting personalities, shifting priorities, and growing pressure. A Team Agreement is a powerful tool to bring your team back into alignment through shared norms, trust, and clarity.

Through a 1:1 discovery call, I'll help you:

- ✓ Uncover your team's current alignment needs
- ✓ Identify areas of tension or miscommunication
- ✓ Design a tailored team agreement workshop to move your team forward

Book your call on the next page.

Ready to Align With Confidence?

Want expert support to lead your next team session?

Let's work together to turn alignment into action, starting with what your team needs most.

- ✓ 1:1 discovery coaching session to uncover your team's specific challenges
- ✓ Tailored team agreement workshop based on your goals and dynamics
- ✓ Tools and prompts to build clarity, trust, and alignment

🔗 **Schedule your call here: [Coaching Call](#)**

Let's create a team environment where everyone can thrive.



Communication

Decision-Making

Stress & Wellbeing

PROMPTS

Values & Culture

Conflict Management

Align & Thrive™ prompts are powerful, open-ended questions designed to spark reflection, conversation, and alignment within your team.

They help teams:

- Uncover unspoken assumptions
- Explore team values and working styles
- Co-create meaningful, shared agreements

Use them during check-ins, team meetings, or workshops to guide honest, focused dialogue.

Prompts

Communication

How do we give and receive feedback in our team?
How do we communicate urgency without creating panic?

Collaboration

What's our shared understanding of accountability?
How do we make space for different working styles?

Decision-making

How do we communicate a decision that has been made?
How much context is "enough" before we decide?

Stress & Well-being

How do we check in on each other beyond deadlines?
What do we do when someone is showing signs of burnout?

Values & Culture

How do we handle mistakes?
How do we show we value inclusion?

Conflict Management

How do we address conflict before it escalates?
What happens when someone is defensive or shuts down?



Ignite2Transform

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@teamalignmentnow



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