



Building Strong Teams through Effective Leadership

Shaping Team Dynamics

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Thriving with Self-Care through C.H.A.R.T.S.

C.H.A.R.T.S.	Integrated Application to Wellness & Leadership
Compassionate Care & Clarity	Lead with empathy—for self and others. Use the Wellness Wheel for personal check-ins to see where we are thriving or depleted. Explore how clarity around wellness influences leadership presence and decision-making.
Humility & Heart	Recognize limits and ask for help. Share stories of vulnerability to normalize seeking support. Reflect on how inner purpose and care for others are strengthened through wellness.
Authenticity & Alignment	Bring your whole self to leadership. Engage in wellness practices that honor personal values. Model behavior aligned with leadership philosophy to build a cultural of trust.
Respect & Resilience	Honor your body, mind, and team’s humanity. Integrate wellness rituals (hydration, mindfulness, movement) that protect energy. Identify small shifts that ripple resilience throughout teams.
Tools & Trust - Building	Use practical tools— such as gratitude prompts or reset scripts—to foster stability and well-being across the team. Build reliability and openness through consistent wellness habits.
Support & Strategy	Create space for others to thrive. Lead by encouraging wellness-based behaviors and emotional availability. Design a strategic personal wellness map to sustain clarity and momentum.



Areas of Focus

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Main Responsibilities and Areas of Focus

Main Responsibilities

Things to Release/Delegate

Three Areas of Focus

Area 1 _____

Area 2 _____

Area 3 _____



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Wellness Wheel



Wellness Wheel	List two things you enjoy within each area	Date you'll enjoy
Social		
Intellectual/Occupational		
Physical		
Spiritual		
Emotional		



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20 Stress-Relief Strategies for Individuals

- **Mindful Breathing** – 3–5 minutes of intentional breathwork to reset the nervous system
- **Gratitude Journaling** – Write down three things they're grateful for each day
- **Walk Outdoors** – A short walk outdoors to reconnect and decompress
- **Digital Detox** – Unplug from screens for 15–30 minutes daily
- **Stretching or Desk Yoga** – Gentle movement to release tension
- **Visualization Exercises** – Picture a calming scene or successful outcome
- **Progressive Muscle Relaxation** – Tense and release muscle groups to reduce stress
- **Listening to Music** – Choose calming or uplifting tracks
- **Creative Expression** – Sketch, doodle, write poetry, or color
- **Hydration Ritual** – Pause to drink water mindfully, noticing the moment
- **Affirmation Cards** – Read or create cards with empowering phrases
- **Pomodoro Breaks** – Use the 25/5 method to stay focused and refreshed
- **Aroma Therapy** – Use essential oils like lavender or peppermint
- **Mini Wins Tracker** – Log small accomplishments to build momentum
- **Self-Compassion Pause** – Speak kindly to oneself during tough moments
- **Breath-to-Body Scan** – A 5-minute check-in from head to toe
- **Solo Dance Break** – Move freely to a favorite song
- **Inspirational Reading** – A short passage from a favorite book or quote
- **15-minutes of Sunlight** – Step outside for natural light exposure
- **One Focus** – Choose one task to complete with full attention



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20 Stress-Relief Strategies for Teams

- **Walking Meetings** – Combine movement with meaningful dialogue
- **Gratitude Circles** – Share one thing each person appreciates
- **Team Stretch Breaks** – A 5-minute guided stretch session
- **Laughter Sessions** – Watch a funny clip or share light-hearted stories
- **Mindfulness Moments** – Begin meetings with a 2-minute grounding exercise
- **Stress Ball Toss** – Pass around a ball and share one stressor or win
- **“Rose, Thorn, Bud” Check-In** – Share a highlight, challenge, and hope
- **Group Coloring Wall** – A shared mural or poster everyone contributes to
- **Music & Mood Mapping** – Play songs and discuss how they shift energy
- **Team Journaling Prompt** – Reflect on a shared question, then discuss
- **Compliment Chain** – Each person gives a genuine compliment to another
- **Silent Meetings** – Try 5 minutes of silent reflection before discussion
- **Shared Playlist Creation** – Build a team playlist for motivation or calm
- **Office Yoga or Tai Chi** – Invite a facilitator or use a video together
- **“What’s Working Well” Roundtable** – Focus on strengths and successes
- **Team Art Project** – Create a visual representation of team values
- **Stress Relief Bingo** – A fun challenge with wellness tasks
- **Wellness Wheel Mapping** – Explore what each role experiences emotionally
- **Snack & Chat Breaks** – Casual time to connect over healthy snacks
- **Legacy Moments** – Reflect on the impact the team is making together