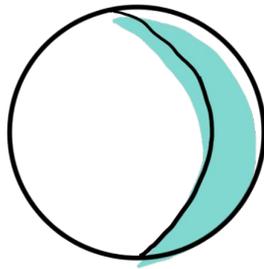
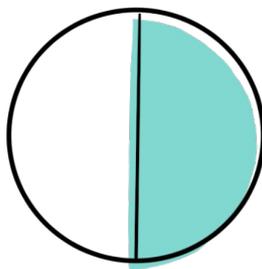


THE SEPAD METHOD: 5 STEPS TO BUILD TEAM HABITS



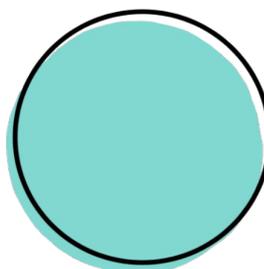
SPARK

Inspiration to illustrate why the habit needs to change



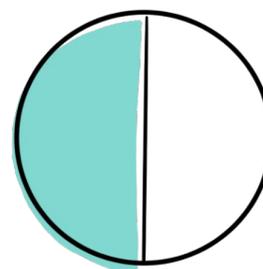
EXPAND

Resource or tool to build understanding of the habit



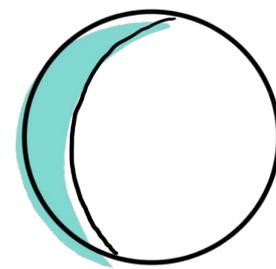
PRACTICE

Activity to practice the habit in a safe environment



APPLY

Plan for trying the habit in the real world



DEBRIEF

Reflection on trying the habit + future iterations