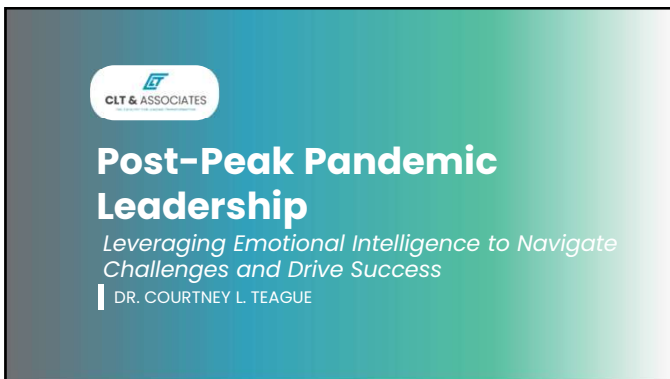




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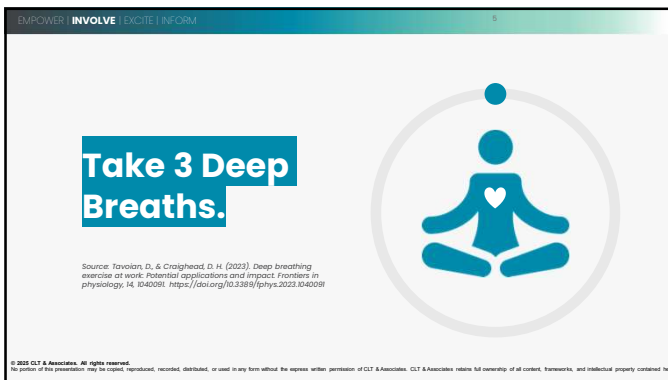
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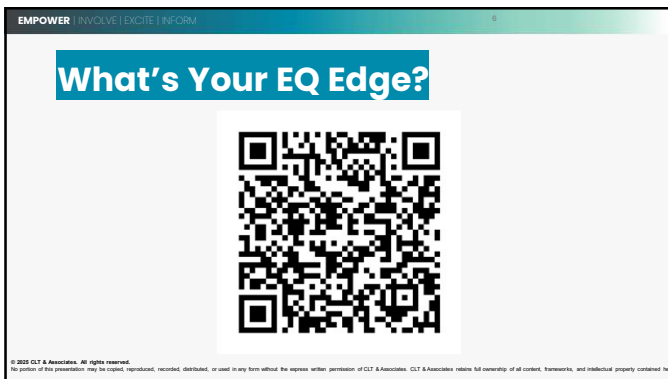
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**Who is
Dr. Courtney L. Teague?**

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01 **Welcome & Objectives**




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WIFM

Empower Involve Excite
Inform

- Build leadership clarity
- Apply EQ using the R.A.I.S.E. framework
- Strengthen resilience and team connection



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9

Empower **Involve** Excite
Inform

Our Agreements

- Remain engaged
- Be willing to embrace discomfort
- Listen to learn & understand
- Expect and accept non-closure

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Culture Share

06:00

You'll head into a breakout group of 3. Each person will have 2 minutes to share your response to this question:

Think of a time you felt proud to be part of a team. What specific behavior or value made that experience meaningful?

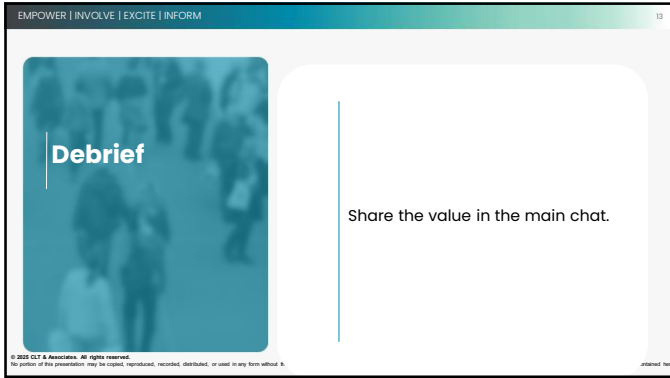
After all 3 share, choose one shared value that you'd all want to bring into your current teams.

Drop that value in the main chat when you return.

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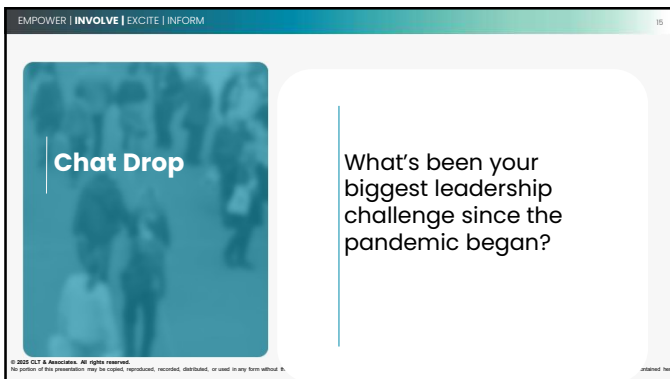
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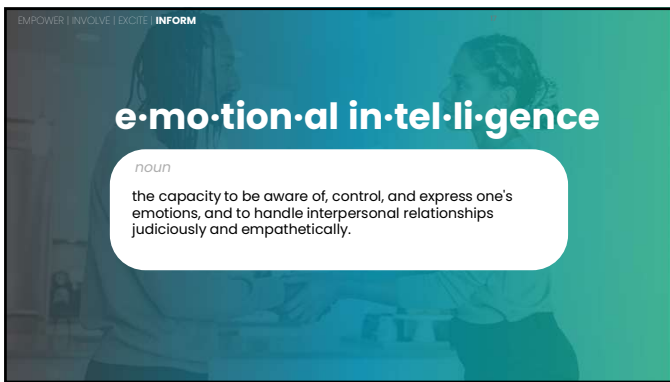
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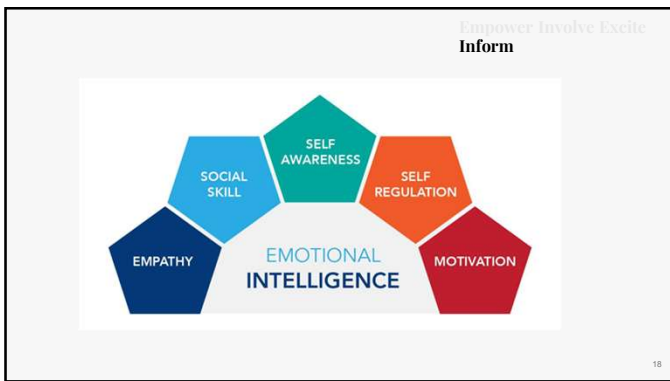
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Emotional Intelligence in Credentialing Teams

<p>Reduces miscommunication under pressure</p>	<p>Increases team trust across roles and hierarchies</p>
<p>Helps leaders manage emotional labor and high-stakes decisions</p>	<p>Essential for wellbeing in burnout-prone environments</p>

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05

R.A.I.S.E

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R.A.I.S.E. FRAMEWORK



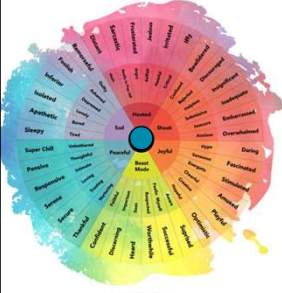
- Reflect** → Respond with awareness in high-stress moments
- Ask** → Understand your team's silent cues
- Interpret** → Read tension before it escalates
- Support** → Create safety under scrutiny
- Elevate** → Reconnect people to purpose

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Reflect Activity: Emotional Mapping



Think about a recent stressful interaction at work. What emotions came up before, during and after?

Emotion

What triggered it?

How I responded?

What I learned?

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Ask Activity: Curiosity Reframe

One person shares a frustration; the other can only ask curious, non-judgmental questions.

What part of this is hitting you the hardest right now?

What do you need in this moment someone to listen, help, or take action?

Is there anything you haven't said yet that you wish you could?

What would feel like a small step forward from here?


How can I support you without overstepping?

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Interpret Activity: Silence Speaks



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Support Activity: Safe or Silent? Audit

Think of a recent team meeting.
Who spoke up? Who stayed quiet?

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Elevate Activity: Meaning Minute

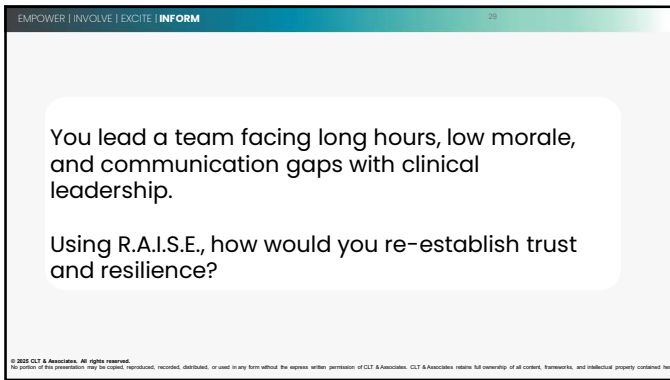
The work we do matters because...

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Commitment

What's one R.A.I.S.E. behavior you'll use to improve leadership, strengthen communication, or support wellbeing on your team this week?

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08 Thank You

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Closing Thought

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Stay Connected:
 Dr. Courtney L. Teague
 Email: info@cltandassociates.com

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