

The Playbook

Team Chemistry Matters

“A coherent team is more than just a group of individuals working together—it is a unified force where trust, communication, and shared purpose drive collective success.”

For Coaches & Team Managers

The Playbook is designed to help teams who work together toward a shared goal.

Measuring Team Chemistry

To help your team achieve its performance targets, The Playbook uses Heartmath Team Coherence Assessments (TCA) before and after an eight (8) week training period to measure changes in:

Individual Coherence → Explore individual team members' perspectives...

- Positive Life Engagement – reflects perceptions of the extent to which an individual intentionally works to appreciate life, makes meaningful contributions, and views personal challenges as opportunities for growth.
- Self Regulation – an individual's strategies for responding to rather than reacting to life challenges, including the use of techniques (such as stress management, breathing, and activation of positive feelings) as well as connectedness to inner wisdom.
- Resilience – includes perceptions of how well individuals respond in a non-reactive way to life challenges.
- Composure - reflects the habits that are cultivated from regular and repeated engagement in self-regulation and resilience.

Team Coherence → Focus on how the team functions as a whole.

- Team Relations – reflects perceptions of the extent to which team members are kind to one another, feel valued in their contributions, get along with one another, bring the best version of themselves to the team and actively work on team harmony.
- Trust & Inclusion – the perceptions of trusting team members, ability to express one's opinions, utilizing one's talents, and not feeling rejected for being different.
- Collaboration & Resilience – includes perceptions of how well the team reconciles differences and maintains composure when confronted with difficult situations.
- Team Harmony – reflects team members' intentionally asking for feedback from one another, challenging ideas in a constructive manner, handling emotions when working with difficult people and communicating well with team members about actions, words, and tone of voice.



Keenan Krick, PhD, LMHP

Applied Performance Therapy - aptomaha.com

+  HeartMath.
Certified Practitioner



The Playbook

Training Program

For (Teams)	Skills (Reps)	Targets (Sets)
Players & Coaches	1- Positive Life Engagement 2- Resilience 3- Self-Regulation 4- Composure	Individual coherence (Four weeks)
	5- Team Relations 6- Trust & Inclusion 7- Collaboration & Resilience 8- Team Harmony	Team coherence (Four Weeks)

Time Commitment (minimum)

Sixteen (16) training hours over eight (8) Weeks → 2 hours / week

1 hour/week for coaching staff + 1 hour/week for players

Services Provided

Coaching staff → Eight (8) 1-hour collaborative coaching sessions

Players → Eight (8) 1-hour, in-person team training sessions + 1 on 1 performance consultations as needed

Cost

\$200/hr + TCA Assessment (\$600)

Questions?

Email, call or text Keenan

402-616-9623 / drk@aptomaha.com

Keenan Krick, PhD, LMHP

Applied Performance Therapy - aptomaha.com

