

How is your team *really doing?*

> *Great teams make room for the human side of work.*

Every leader has asked it: how's everybody doing? And almost every time, we get the same answer. Fine. Good. Busy.

Matt McLain, an executive advisor and former strategic leader at Amazon, led his team through a simple weekly routine that goes a little deeper.

Everyone picks one of six core feelings: sad, angry, scared, happy, excited, or tender. That's it. Nobody has to explain why. They just get to say where they are right now.

It works because people are human, and humans have emotions. Those emotions follow us into every meeting and every deadline, whether we mention them or not.

When you give people a simple, safe way to name what they're feeling, you learn things no status report will ever tell you. You can offer more grace to the one who's scared, more room to the one who's angry, and celebrate with the one who's excited.

The more we recognize the human side of our people, the better we support one another, and that's where great results come from. What would your team say if you asked?

At Boaz Strategic, we develop leaders who care for the whole person.