

ALTITUDE ADJUSTMENT



Adjust, rise and perform
through change.

Recognize, understand and grow through change.

Change is inevitable – we can react to it automatically, or we can pause to respond, intentionally and skillfully. And how we respond defines our success.

Altitude Adjustment, is our coaching program designed for teams who are ready to turn the challenge of change into an opportunity for growth.

Using the Change Curve, we'll guide you through understanding the phases of change and focusing on the key questions:

- How do I, you and we react to change?
- How do we want to consciously respond, individually and together.

Our approach blends education with exploration and experimentation. Through the lens of Organizational Relationship Systems Coaching (ORSC), we'll uncover team dynamics during change, identify patterns, and help you develop practical tools for navigating transitions.

Together, we'll ensure your team not only moves through change successfully but also learns and grows stronger from the experience.

Let's adjust the altitude – and soar through change.

In brief:

- 4-hr workshop.
- 5-15 Team members.
- Delivered on location or virtually.



Key Outcomes:

- Enhanced Understanding of Change and behavioural patterns
- Improved Team Dynamics
- Practical Tools for Change Management
- Team Resilience and Growth

What and Who is TeamInQ?

TeamInQ is the power of your team's intelligence. It's the competitive advantage of focusing on the whole system of stakeholders and not just its parts.

As a leader, focusing on your team as a dynamic system is essential because teams are more than just a group of individuals—they are interconnected networks that influence each other's performance.

By embracing relationship systems thinking, you can better understand the patterns and interactions within your team, allowing you to foster trust, resolve conflicts more effectively, and build a culture of shared accountability.

This perspective will help you lead a high-performing, agile team that adapts to challenges, embraces change, and continues to grow together, making you a more effective and influential leader.



At TeamInQ, we envision a world where people find genuine joy and purpose in their work—not by chance, but by design. Our goal is to help individuals and teams unlock their potential by understanding that lasting success is rooted in strong, supportive relationships.

Founded by Dóra Ligárt and Lena Peller, two dedicated Leadership and Team Coaches with nearly 50 years of combined experience, TeamInQ helps global organizations transform their approach to teamwork. We believe that when people come together as resilient, high-performing teams, they don't just achieve more—they flourish.

Our mission goes beyond enhancing performance; it's about placing human connection at the core of every team. By fostering workplaces where people feel valued, empowered, and inspired, we create environments where individuals can bring their best selves every day, building extraordinary teams that thrive together.

Curious? Contact us!

You have questions or are curious about our Team solutions and what Team Intelligence can do for your team? Contact us! We are looking forward to meeting and brainstorming with you!

Team.In 
The Power of Team Intelligence.

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