



TEAM COACHING

For strong and highly intelligent Team Systems

Unlocking High Performance with Purpose and Connection

Foster innovation, collaboration, and fulfillment in your team.

In today's agile and ever-evolving workplace, high-performing teams are the cornerstone of adaptable, teal, and organic organizations. Our team coaching program is designed to help teams thrive by building trust, embracing challenges, and unleashing collective intelligence.

Our Systems-Focused Approach Helps Teams:

- **Think Systemically:** Understand the team as a connected ecosystem where every voice matters.
- **Leverage Collective Strengths:** Harness diverse perspectives to fuel innovation and shared success.
- **Adapt and Grow:** Embrace conflict and change as opportunities for resilience and growth.
- **Build Trust and Safety:** Create environments where communication and creativity flourish.
- **Foster Shared Leadership:** Empower accountability and collaboration across the team.

Outcomes You Can Expect:

- **Agile, adaptable teams** ready to tackle complexity.
- **Thriving team cultures** where individuals find meaning, joy, and engagement.
- **Sustainable performance** powered by connection and shared purpose.

Invest in your people to build the future of your organization.

Possible focus areas:

- Introducing and aligning new teams.
- Navigating change effectively.
- Resolving internal conflicts.
- Collaborating with challenging partners.
- Increasing engagement and motivation.
- Building trust and promoting healthy competition.
- Enhancing communication and collaboration.

Thought leaders we lean on:

Organization and Relationship Systems Coaching (ORSC), LCP™
B. Anderson, W.A. Adams,
B. Brown, A. Edmondson, P. Hawkins, B.
Keagan, B. P. Lencioni and many more.

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 Coaching Portfolio 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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