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# **The Secret to Aligning Teams - A meeting "Check-in" creates fast results**

People [Buy Cialis](#) often say to me, Renée, you make teamwork look so easy—whats your secret? I think its all in how you apply emotional intelligence. Getting members of your team to connect while remaining focused on the details at hand. Self awareness, self management, empathy, social skills and leadership assertiveness are essential ingredients for teamwork. When it comes to aligning teams to get the results and increase productivity, there are many tricks of the trade. One of the fastest, easiest ways to start is to include a simple team building exercise called the check-in" at the beginning of each of your meetings. It doesn't take long yet, the teamwork results are infectious. Try it and let us know how it worked.

You can also find this article published on [The Secret to Aligning Teams - A meeting "Check-in" creates fast results](#), and on the tag pages [Aligning](#), [Checkin](#), [creates](#), [fast](#), [meeting](#), [Results](#), [Secret](#), [Teams](#).