



THE COOL GRANDPA PODCAST PRESENTS

Grandpa Leadership Connection Worksheet

Building Team Connection Through Heart and Wisdom

1. REFLECT LIKE A GRANDPA

Who in your team needs to feel more seen or appreciated right now?

What is one conversation you have been “too busy” to have — and why does it matter?

What is one story from your own life you could share to build connection and trust?

2. THE GRANDPA FORMULA IN ACTION

Be Present	One way I can give my undivided attention this week:
Be Curious	A question I'll ask to better understand someone's perspective:
Be Encouraging	A specific way I can celebrate someone's progress:

3. BUILD YOUR 'GRANDPA MOMENT' PLAN

Choose one of these ideas — or create your own — and commit to doing it this week:

- Write a short thank-you note to a teammate or employee.
- Ask your team what part of their job brings them the most joy.
- Share a story from your own learning or failure.
- Schedule a 'just because' lunch or coffee chat.
- Celebrate a small milestone that normally goes unnoticed.

My Grandpa Moment will be: _____

When I'll do it: _____

4. REFLECT AND REPEAT

At the end of the week, ask yourself:

- Did I show up with presence?
- Did I listen with curiosity?
- Did I encourage with heart?

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