



What Does Your Team Need From You Today?

A quick check-in for anyone serving in 911. Before your shift, or when you need a reset, pause here. Choose one action you can carry into the next moment.

1

What am I bringing into the room?

Notice your tone, energy, and pace. You can acknowledge a hard day and still be intentional about how you respond.

Take a breath before answering. Ask for support when you need it.

2

Who could use my support?

Look beyond your own console. A trainee, a busy partner, or someone who has gone quiet may need a little support.

Offer specific help: "What can I take off your plate right now?"

3

What needs my attention?

Notice the small issue you have been hoping someone else will handle. Consider what is within your role to address.

Clarify a handoff, ask a question, or bring a concern to the right person.

4

What deserves recognition?

Notice the effort that helps the shift run well, especially the work that can easily go unacknowledged.

Name the contribution: "Your clear handoff helped me start prepared."

5

What will I take responsibility for today?

Choose one action within your control that makes the shift better. Keep it specific and realistic.

Follow through, redirect an unhelpful conversation, or own a mistake.

Today, my team can count on me to...
