



Primal Teams: Harnessing the Power of Emotions to Fuel Extraordinary Performance

Jackie Barretta

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Emotion, more than anything else, spells the difference between stellar and mediocre team performance. Fear, anger, frustration, and other negative feelings, can endanger a group's dynamic. But positive emotions have the power to transform it into a high-performance engine, where everyone operates at their peak. Their minds sharpen. They find creative solutions. They get great results. Thanks to discoveries in neuroscience and psychology, we now know that emotions operate independently from our logical minds. They can't be reasoned away. They must be dealt with directly. Drawing on the latest research, *Primal Teams* shows how anyone can control potentially damaging emotions, while triggering the kind of passion and energy that supercharge performance. Illustrated with compelling examples, this groundbreaking guide reveals how to: transform fear and negativity; energize primal emotional systems; activate insight and intuition; foster emotional bonds and team spirit; and, connect the team to a deeper purpose. Emotions determine whether a group works with energy and enthusiasm or just goes through the motions. With the array of insights and practical tools in this book, anyone can inspire an unprecedented level of performance.

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