

# The Reason for, and Value of, a Segue (check-in)

## The Level 10 Meeting Segue (check-in)

- It transitions everyone to dust themselves off from the week and transition from working “in” the business to “on” the business (hence the term segue).
- Everyone typically has a different mindset starting the meeting (good mood, bad mood, frustrated, excited, etc.). It creates a buffer and a “meeting in the middle” for their current state.
- It gets everyone on the same level playing field/common ground.
- It brings a human element to the business and team, which increases team health.
- It uplifts the group, structuring time for celebration.
- It encourages proactivity in creating good news to report, personally and professionally.

## Session Check-In

- All of the above.
- It give everyone in the room perspective on what other teammates are thinking about, and seeing in the organization (working/not working).
- Gives the EOS Implementer insight.
- Gives the EOS Implementer the ability to confirm that all stated expectations are in alignment with the session objectives and can be met.