

Four ways to diagnose friction, improve performance and demonstrate progress.



Team Performance Diagnostic

GET A CLEARER PICTURE

PURPOSE

A fast, focused diagnostic to give you a clear picture of your team's performance, highlighting strengths and areas of friction.

WHO IS IT FOR?

Teams who want a quick evidence-based view of how they are working and where to focus for improvement.

WHAT'S INCLUDED?

- TEAM — AQR Team Performance Friction Survey
- Individual 60-minute diagnostic interview for every participant
- Review of relevant organisational/performance evidence
- Evidence triangulation across the Seven Sources of Performance Friction
- INDIVIDUAL — MTQ assessment for every participant
- 60-minute confidential individual MTQ feedback session

DURATION

2–3 weeks

INVESTMENT

£5,500 + VAT (up to 7 people) +
£500 per additional person

KEY OUTCOMES

- Performance Baseline
- Team Friction Map™
- What Matters Most — 2–3 priorities
- Recommendations & Measures
- 90-minute client feedback session



Leadership Team Performance Diagnostic

LEADERSHIP IMPACT, SEEN CLEARLY

PURPOSE

Designed to answer the question: How effectively is this leadership team performing together, how are its leadership behaviours experienced by others, and what impact is that having on wider organisational performance?

WHO IS IT FOR?

Leadership teams seeking deeper evidence about collective effectiveness and organisational impact.

WHAT'S INCLUDED?

- Everything within the Team Performance Diagnostic
- Deeper leadership evidence including a 360 assessment
- 90-minute confidential Leadership Insight De-brief

DURATION

2–3 weeks

INVESTMENT

£7,500 + VAT (up to 7 people) +
£750 per additional leader

KEY OUTCOMES

- Performance Baseline
- Team Friction Map™
- What Matters Most — 2–3 priorities
- Recommendations & Measures
- Individual 90-minute de-brief sessions
- 90-minute client feedback session



90-Day Team Performance Sprint

TURN INSIGHT INTO ACTION

PURPOSE

A focused 90-day programme to help your team turn insight into action, building momentum and visible progress in the areas that matter most.

WHO IS IT FOR?

Teams or leadership teams who have completed a diagnostic and want structured support to make measurable progress.

WHAT'S INCLUDED?

- 90-Day Performance Plan — clear outcomes, priority behaviours and measures
- Targeted Team Interventions — focused work on the friction that matters most
- Implementation Support — targeted coaching, facilitation and practical support between interventions
- Performance Measurement — repeat team measures and relevant organisational evidence
- 90-Day Performance Review — clear evidence of what changed, what didn't and what should happen next

DURATION

90 days

INVESTMENT

£7,500 + VAT

KEY OUTCOMES

- Focus on the areas that matter most
- Visible progress within 90 days
- Against measures agreed during the diagnostic phase



12-Month Team Performance Partnership

SUSTAIN PROGRESS. BUILD FOR TOMORROW.

PURPOSE

A longer-term partnership to embed high-performance, track progress over time and support your team to keep moving forward.

WHO IS IT FOR?

Teams or leadership teams who are committed to sustained development and want ongoing support, challenge and measurement over 12 months.

WHAT'S INCLUDED?

- 12-Month Team Performance Plan
- 4 × Quarterly Performance Reviews
- 30-hour AQR Performance Support Bank
- Quarterly Friction measurement
- 6-month MTQ remeasure
- 7 × 60-minute 6-Month Individual Performance Reviews
- 12-month MTQ remeasure
- Ongoing organisational/performance evidence review
- Annual Team Performance Re-Diagnostic
- Updated Team Friction Map™
- 12-Month Performance Review and priorities
- Partnership administration and coordination

DURATION

12 months

INVESTMENT

£12,000 + VAT

KEY OUTCOMES

- Sustained improvement over time
- Measurable progress and impact
- Ongoing support and challenge
- A high-performing team, built for the future