**What Makes the Highest Performing Teams in the World**

**Groups, teams, teamwork, groups versus teams**

Description: Simon Sinek discusses the Navy SEALs. The Navy SEALs aren't made up of the strongest, toughest, or smartest candidates. They all possess something much deeper.

*Use with:* <https://www.youtube.com/watch?v=zP9jpxitfb4>

1. What is a group? A team?
2. According to the clip, who will not perform well as a Navy SEAL?
3. According to the clip, what type of person will perform well as Navy SEAL? How does this relate to teams?
4. Why do you think teamwork is critical for Navy SEAL teams?
5. Do you think this insight into the Navy SEALS is applicable to the workplace?