



Preshift Huddle Cheatsheet

The pre-shift huddle is more than logistics—it's a vibe-setter, a chemistry experiment, and a secret marketing weapon. Here are four quick rituals you can rotate to spark energy, boost morale, and set the emotional thermostat before the first guest walks in. Get the entire set of music themed Pre-Shift Sound Check cards to turn your pre-shift huddles into a strategic hospitality advantage.

■ The Vibe Check

- Step 1: Pair up and face off. For 10 seconds, keep a totally neutral expression.
- Step 2: On cue, one person breaks into a genuine smile. Watch the other mirror it.
- Step 3: Reflect: How fast did you catch the mood? What does that say about guests catching yours?

Why it Works: This makes emotional contagion visible and bonds the team through oxytocin and dopamine.

■ Energy Dial

- Step 1: Each team member holds up fingers to rate their energy (1–10).
- Step 2: Go around lightning-fast—no explanations, just numbers.
- Step 3: Ask: What would help us dial it up two notches before service?

Why it Works: Naming energy levels primes the brain to self-regulate. Awareness drives change.

■ Peak & Pit

- Step 1: Each person shares one 'peak' (a highlight) and one 'pit' (a challenge).
- Step 2: After sharing, the leader says: 'We've got each other's backs. Tonight, let's turn pits into peaks.'

Why it Works: Finding commonalities and sharing struggles builds oxytocin. It bonds the team fast.

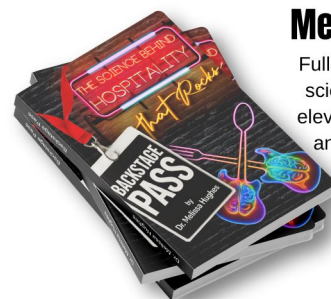
■ 30-Second Spotlight

- Step 1: Pick one team member to be in the spotlight.
- Step 2: In 30 seconds, the group fires off compliments, shoutouts, or funny nicknames.
- Step 3: End with applause (cheesy, yes—but it works).

Why it Works: Positive feedback boosts serotonin and sets a high-energy baseline for the shift.

Want more preshift inspiration?

Check out my *Preshift Soundcheck Cards*—24+ rock-inspired prompts designed to cue the vibe, spark energy, and keep your team tuned up before every shift. Because hospitality isn't just about serving food and drinks—it's about serving energy that rocks.



Where Brain Science Meets Hospitality

Full-color, field-tested, and scientifically designed to elevate team performance and deliver exceptional hospitality:

**EVERY SHIFT
EVERY GUEST
EVERY TIME**