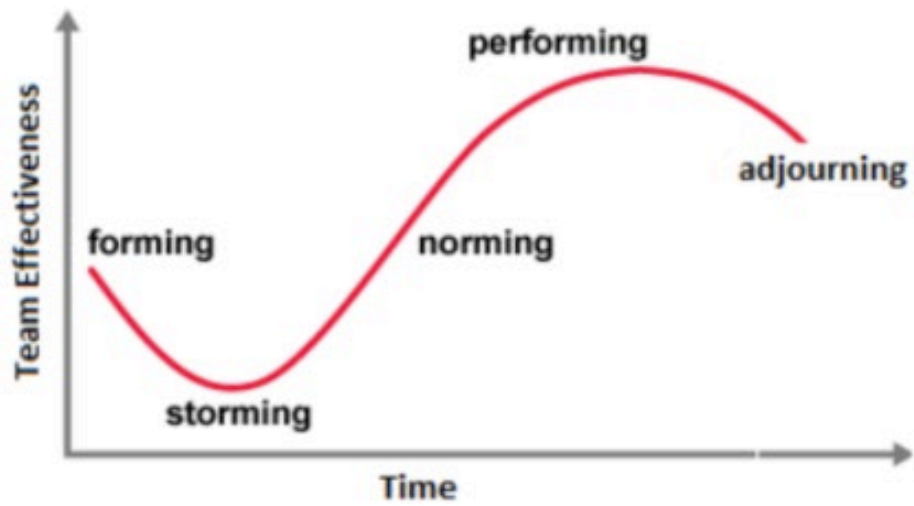# Stages of Development

Most high-performing teams go through five stages of team development.