

OptimizeTeamwork.com Launches Free Team Communication Health Check for Florida Managers

New five-minute diagnostic helps Florida teams identify communication breakdowns before they turn into turnover, conflict, or missed goals

JUPITER, FL, UNITED STATES, August 20, 2026 /EINPresswire.com/ -- [OptimizeTeamwork.com](https://www.optimizeteamwork.com), a leadership and team-development firm, today announced that Florida managers can now use its free team communication health check to diagnose collaboration problems in under five minutes. The tool is available at by [clicking here](#).



The 15-question assessment scores team communication as healthy, at-risk, or poor across five core areas: clarity of message, feedback quality, meeting effectiveness, conflict comfort, and cross-functional coordination. Users receive an immediate score and a short, behavior-based action plan they can use without waiting for a scheduled workshop.

WHY FLORIDA TEAMS NEED BETTER COMMUNICATION NOW

Florida employers face the same workforce pressures affecting the rest of the country: hybrid work, employee turnover, generational differences, and the need to do more with smaller teams. Poor communication remains one of the most expensive problems in the workplace. Research from the Association for Talent Development shows that 87% of leaders report a critical need for clearer communication skills.

When teams communicate poorly, projects slip, conflicts escalate, and top performers leave. The cost is measured in lost productivity, missed deadlines, and recruitment expenses. For Florida healthcare systems, hospitality groups, financial services firms, manufacturers, and educational institutions, the problem is especially urgent because collaboration directly affects quality, safety,

and customer outcomes.

"Most teams wait until a blowup happens before they address communication," said Dr. Rachel Cubas-Wilkinson, founder of OptimizeTeamwork.com. "This tool gives managers an early warning system. It takes five minutes to complete and points to the exact behavior or culture dynamic that needs attention. We built it from the same framework we use with Fortune 500 teams, but any manager can use it."

ABOUT THE FREE TEAM COMMUNICATION HEALTH CHECK

Managers can complete the [assessment \(click here\)](#). The health check includes:

- 15 diagnostic questions based on real workplace behaviors.
- A team health score with three risk levels.
- Immediate, practical next steps for improving at-risk communication.
- Optional follow-up resources on team communication training and workshops.

After taking the assessment, managers can request a free consultation to discuss their results and explore whether an in-person or virtual DISC, MBTI, EQ, or leadership workshop is the right next step for their team.

ABOUT OPTIMIZETEAMWORK.COM

OptimizeTeamwork.com is a team-development and leadership training firm founded by Dr. Rachel Cubas-Wilkinson, former Vice President of Services and Practitioner Development for The Myers-Briggs Company and former Head of Learning Consulting Services for Pearson. The firm has delivered more than 4,000 workshops and trained over 30,000 leaders across the United States.

The team is authorized to deliver Everything DiSC®, The Five Behaviors®, MBTI®, TKI®, EQ-i 2.0®, 12 Driving Forces®, StrengthsFinders®, FIRO-B®, Hogan®, and other leading assessment-based development tools.

OPTIMIZETEAMWORK.COM BY THE NUMBERS

- 30+ years of combined experience in learning, leadership, and team development.
- 4,000+ workshops delivered.
- 30,000+ leaders trained.
- Authorized partner for Everything DiSC®.
- Former Myers-Briggs Company and Pearson executive leadership.

HOW FLORIDA ORGANIZATIONS CAN GET STARTED

Managers can take the free team communication health check at <https://optimizeteamwork.com/team-communication-health-check/>. Companies can also schedule a free consultation by visiting [OptimizeTeamwork.com](https://optimizeteamwork.com) and clicking "Schedule A Consultation." During the call, an [OptimizeTeamwork.com](https://optimizeteamwork.com) advisor will ask about the team's current challenges, recommend the right assessment or workshop, and provide a tailored proposal with pricing and delivery options.

[OptimizeTeamwork.com](https://optimizeteamwork.com) serves organizations nationwide and has experience across manufacturing, healthcare, finance, technology, education, government, and nonprofit sectors. Florida businesses can book on-site sessions in Jupiter, Miami, Tallahassee, Orlando, Tampa, and surrounding areas, or choose live virtual delivery.

Dr. Rachel Cubas-Wilkinson

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