

Adjourning : The adjourning stage occurs in committees and teams that have a limited task to perform and are disbanded afterward. People may feel heightened emotionality, strong cohesiveness, and depression or regret over the team's disbandment. For example, at a large consumer goods company with a virtual team of engineers working in the United States and India, leaders started the project with a couple of days of team building to help the team move rapidly through the forming and storming stages.