Team Building

Team Building workshops are designed for individuals, teams, and departments that would like to increase awareness and understanding of team dynamics and how to work effectively together.

A. We Know Ourselves and Our Role

1. Knows own strengths and weaknesses, understands impact of own actions on others, requests help when needed, and expresses opinions appropriately

2. Understands the impact of their role, individual tasks, and influence on team; keeps others informed of things that may impact them

3. Takes initiative, uses creativity, and acts flexibly in order to enhance team functioning

4. Seeks opportunities to assist team members and is willing to work beyond routine expectations

B. We Value Others and Different Ways of Working

1. Treats everyone with respect, regardless of work style or ability, and uses awareness of strengths and limitations of others to enhance team performance; assumes positive intent by others

2. Values that people are in different places on their professional development journey and uses that understanding to improve team results

3. Understands what does and doesn't motivate others and, when needed, adapts own behavior to enhance the team's momentum

4. Models respect, inclusion, and a positive attitude in the face of different perspectives, extending grace to others to increase understanding of differing viewpoints

5. Remains open, honest, authentic and solution-focused, even in stressful situations

C. We Bring Our Best Self and Bring Out the Best in Others

1. Demonstrates reliability, honesty, credibility, and trustworthiness; communicates assertively

2. Promotes cooperation and open exchange of ideas with flexibility for opposing ideas, viewpoints and opinions

3. Understands priorities of the group and works effectively with others setting personal goals based on group needs, priorities and available resources; accepts group consensus regardless of personal preference

4. Performs tasks with quality and in a timely manner, even under pressure, adapting to changes in process or timeline as needed

5. Understands actions needed to move forward; supports compromises and changes to remove obstacles that inhibit change

6. Offers to help other team members learn new things, especially when they are having difficulty; follows through on promises

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