

# WORKING EFFECTIVELY IN TEAMS

## *Program Description*

### **Overview:**

The foundation of a successful team relies upon understanding yourself and other team members. The ability to work with other people (who might be very different from you) effectively is a key ingredient to a productive team. In this program, we will complete a self-assessment and a team maze project to explore being an effective team player and dealing with others who may not be!

### **Objectives:**

As a result of this program, participants should be able to:

- Gain insight into your own team behavior.
- Increase your understanding of other team member's behaviors.
- Understand your preferred communication style and how that may differ from others.
- List assertive communication strategies to get what you need and help others get what they need.
- Describe how you typically deal with conflict and difficult team members and what may or may not be effective.
- Continue to work on fostering teamwork on your team.

**Length:** Lunch & Learn: 1 Hour  
Workshop: 3-4 Hours

**Participant Materials:** Handout  
Optional: Assessment—I-Speak at \$10.00/person

