



How to be a good team player

Objective: This session will give you tips on being a good team player, a good member of a team.

What will we cover:

- What does it mean to be a good team player
- What can you do to be a good team player



Facilitator opens the discussion by talking of the importance of working in teams.

Work in companies is mainly done in teams and by teams. Being a good team player is essential for any successful project or organization.

Exercise 1: Ask people to think of the various teams they have been part of- in sports, work, etc

Asks them to discuss in groups of 3 and write down what it means to be a good team player.

Hears views from all, and summarises as follows:

What does it mean to be a good team player

- being able to collaborate effectively with others
- communicate clearly
- understand the others in the team well, and supporting them
- respect different opinions and perspectives
- contribute to the common goal

What can you do to be a good team player

A team is made of many people- but all working towards the common goal. But each player has a different role to play. Take a football team- you want to win by scoring a goal. But each player in the football team has a different role to play- striker, defender, goal keeper.

So to be a good team player, we have to focus on two areas:

- first play your role to your best- do your job to the best of your ability
- look at what the team needs and support the others

Exercise 2: Ask students to brainstorm the behaviours that will support these 2 areas

Hear their views, and summarise as follows:

- Listen actively and attentively to your teammates, show interest in their ideas and feedback.
- Share your own thoughts and suggestions in a constructive and respectful manner
- Be open to receiving criticism and learning from mistakes
- Support your teammates by offering help, encouragement, and appreciation for their work and achievements.
- Be flexible and adaptable to changing situations and expectations, and be willing to compromise and cooperate with others.
- Understand what is expected of you- as it may change given different situations
- Take responsibility for your tasks and deliverables, and follow through on your commitments and deadlines.
- Celebrate the successes of your team!

Some simple things you can do immediately:

- Ask feedback from your team members on how you are doing and work to improve
- Offer help to them
- Offer any feedback or suggestions to them in a positive way- for eg. 'What do you think about doing this check after we get an approval rather than before (a change in process) – I think this will help make it faster'