



FROM ME TO WE: MINDFUL TACTICS FOR BEING A VALUABLE TEAM MEMBER

**A WEBINAR FOR EMPLOYEES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM**

December 11, 2024

OBJECTIVES

- Describe effective teamwork
- Review barriers to collaboration and achieving team goals
- Suggest ways you can contribute to the success of your team
- Identify the four steps to creating your team's brand
- Engage in an activity

YOUR TEAM'S CULTURE



What is your team's current culture, and how does it compare to the kind you want?



How do you want your team members to behave?



Is there collaboration and trust?

SECTION 1

ASPECTS OF EFFECTIVE TEAMWORK

COOPERATION

Involves

1. An **awareness and acceptance** of the similarities and differences we share with our colleagues
2. **Common ground**, including the need for acceptance and respect from others
3. The opportunity to **feel useful and successful** in what we do
4. A willingness and **ability to work with others**

POSITIVE REINFORCEMENT

Involves



Working
with
positive
attitudes



Believing
in others



Persuading
a bee with
honey



Taking the
high road

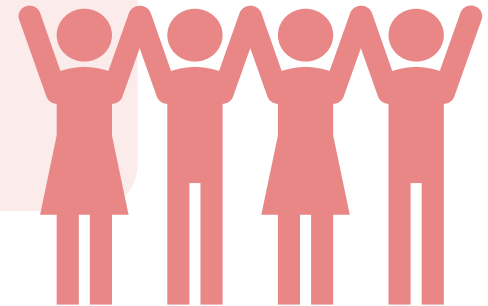


CONFLICT RESOLUTION



Teams that handle conflicts constructively are more resilient and productive

These aspects can help create a strong, cohesive team capable of overcoming challenges and achieving success together



SECTION 2

BARRIERS TO COLLABORATION AND ACHIEVING TEAM GOALS

BARRIERS TO COLLABORATION

Common barriers often include:

Communication breakdowns

Misunderstandings or lack of clear communication can lead to conflicts and missed deadlines

Role ambiguity

When team members aren't clear about their roles, it can lead to duplicated work or tasks falling through the cracks

Lack of trust

Without mutual trust, team members may hesitate to share ideas or fully commit to the team's goals

BARRIERS CONTINUED

Poor leadership

Ineffective leadership can result in a lack of direction, motivation, and accountability within the team

Resource constraints

Limited resources, including time, budget, or tools, can hinder productivity and morale

WAYS TO CONTRIBUTE TO YOUR TEAM'S SUCCESS

To enhance team success, consider:



Improving communication

Make an effort to communicate clearly and listen actively to others, ensuring everyone is aligned



Clarifying expectations

Help clarify roles and tasks to avoid confusion and keep the team organized



Building trust

Foster a positive and supportive environment by being reliable, respectful, and open to feedback

MORE WAYS TO CONTRIBUTE TO YOUR TEAM'S SUCCESS



Taking initiative

Be proactive in identifying and addressing potential issues before they escalate



Offering support

Assist team members who may be struggling with their tasks or require additional help

This approach can help overcome barriers and contribute to a more cohesive and productive team environment.

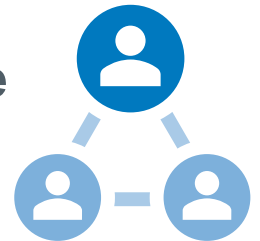
SECTION 3

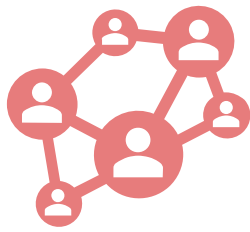
CREATING YOUR TEAM'S BRAND

FOUR STEPS TO PROMOTE YOUR TEAM'S BRAND



This approach fosters a stronger connection to the brand and enhances your impact within the team.





TEAM BRAND ACTIVITY

Identify your vision for your team brand:

- Without overthinking it, what's the first word that comes to mind when you think of your team brand?
- If your team is known for one unique quality, what is it? If not, what would you want it to be?
- My vision for my team's brand is to be known as a _____.

BRANDING MISTAKES TO AVOID

Having greater concern for quantity than quality



Running from responsibility



Winging it

Faking it



Being a “yes” person (i.e., overcommitting)



GOAL CLARIFICATION

A clear goal provides:

Direction and assurance that all team members are on the same page and following the same set of plans

A sense of purpose and value

The opportunity to problem-solve, contribute, and learn from others

A sense of accomplishment when goals are met

SUMMARY



- Shifting from *me* to *we* requires a mindset focused on:
 - Collective success
 - Empathy
 - Collaboration
- By practicing mindfulness, open communication, and mutual support, you can:
 - Become a more valuable and respected team member
 - Help create a culture of trust and shared purpose

RESOURCES

Books

- **The Five Dysfunctions of a Team**
 - Patrick Lencioni
- **The Culture Code: The Secrets of Highly Successful Groups**
 - Daniel Coyle
- **The 17 Indisputable Laws of Teamwork: Embrace Them and Empower Your Team**
 - John C. Maxwell

Websites

- [Coursera](#)
Teamwork and Collaboration Courses
- [LinkedIn Learning](#)
Teamwork Courses

Online Articles

- [17 Team Building Activities for In-Person, Remote and Hybrid Teams](#)
- [How Can You Build a Strong Team of Employees?](#)
- [MindTools Team Building](#)

App

- [Headspace](#)

TED Talk

- [Teamwork and Mindfulness](#)

THANK YOU



Behavioral Health Services Employee Assistance and WorkLife Programs

24 HOURS A DAY

800-222-0364

foh4you.com



CERTIFICATE OF WEBINAR PARTICIPATION

is hereby granted to



for the completion of the following one-hour presentation offered by your Employee Assistance Program

FROM ME TO WE: MINDFUL TACTICS FOR BEING A VALUABLE TEAM MEMBER

Date:

