**Engaging with Others**

How can you be an effective team member in the movement, your community, or workplace?! What are the important characteristics to effective team?

**In this module, you will:**

1. Learn what makes an effective team.
2. Practice effective teamwork.
3. Identify how you can be an effective team leader.

| **Topic** | **Description** |
| --- | --- |
| **Lesson 1: Characteristics of an Effective Team*** My experience on a team
* Characteristics of an effective team
 | Reflect on your experience in a team, what went well? What could be improved? How did you help your team be successful? What are characteristics of an effective team? |
| **Lesson 2: Engaging All Opinions** * Problem solving as a team
* Engaging all opinions
 | When discussing a topic as a team, you might find that there are many different opinions. Practice looking at all options and forming a solution in which both sides might agree. |
| **Lesson 3: Developing My Skills*** Reflecting and Assessing your Skills
* Becoming a more effective team leader
 | Assess your own ability to work with individuals and be an effective team leader then identify ways to improve your skills.  |

**Delivery methods:**

1. The **independent activities** are designed for athletes to do on their own or with support. They can also be utilized as part of a series facilitated by the Program.
2. The **discussion guide** is to assist staff in facilitating a discussion via virtual webinar. It is a follow up to the independent activities that athletes complete on their own. It will give staff and athletes time to discuss the activities and spend more time on the topics. The **PowerPoint slides** are to be used as a visual during the discussion.

**Resources:**

* Independent activities
	+ Characteristics of an Effective Team
	+ Engaging All Opinions
	+ Developing My Skills
* Discussion Guide for Independent Activities
* PowerPoint slides