

THEME

Connectedness

SUB THEMES

Understanding Others
Relating to & Communicating
with Others

Overview

In this learning activity Participants:

- Get to know individuals within the team
- Get to know the 'me' so the group can develop the 'we'
- Develop an awareness of what they bring to a group or team environment
- Develop an awareness of what others bring.

Facilitators may explore the diversity of people within a group, e.g. cultures, interests, gender, family/whānau, values, skills and qualities.

This activity may be useful for a sports team, physical activity committee or a sports council to work out where individuals fit within the team and how the team could work better.

Tip the 'M' the Other Way

Knowledge and skills

Self-awareness, team culture, knowledge of self and of others, developing empathy, group and team culture understanding, group dynamics, accepting responsibility.

Resources

- Leader Journal template

NAME _____

Tip the 'M' the Other Way

Describe the skills and qualities you bring to the team/group.

1. What is unique and different about you?

2. What skills and abilities do you have and what do you do well?

3. What experiences have you had in sport and recreation that will help you in the leadership role?



4. What do you know lots about that may help you in the leadership role?

5. How might your personality be useful for leadership?



The 'we' is about considering the combined knowledge and skills in a team.

List in the boxes the mix of qualities both you and others bring to the environment.

1. My skills and abilities.



2. List all the combined knowledge and skills from all members of the team.

3. How my skills and abilities help the team.

4. What are some situations within the team where I could take the lead?

5. How can the team gain from my input and how can I gain from the team's input?



“The difference between involvement and commitment is like ham and eggs. The chicken is involved; the pig is committed.”

Martina Navratilova
(Tennis player)

What does this quote mean? How could you use this quote when considering your involvement in and commitment to a team?



The 6 most important words... “I’m sorry, I made a mistake”

The 5 most important words... “You did a good job”

The 4 most important words... “What is your opinion?”

The 3 most important words... “If you please”

The 2 most important words... “Thank you”

The 1 most important word... “We”

The least important word... “I”

Author Unknown

Read the verse and describe why the ‘We’ is more important than the ‘I’.

