**The Power of Teams Part One**

**Self-Reflection/Collaboration Tool**

This tool is designed to provide you and your colleagues with a framework to guide your thoughts and discussions about the points raised in the accompanying video. It will also help identify action points for you to take away from the session which can be recorded on the accompanying development action planning document. Suggested discussion time: 5 mins per part

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| ***Part 1*** What do you consider your strengths to be as part of the team you work in? Share your thoughts and discuss with the others.  |   |
| ***Part 2***As discussed in the video it is important for all team members to be adaptable, and this comes more naturally to some than others. Discuss how this can be encouraged amongst team members to give a more flexible and adaptable workforce.  |   |