

## Rely on, Watch out for

The purpose of this activity is to help team members understand themselves better, to know each other better and understand their individual strengths and weaknesses, and to continue to build a team culture of trust and psychological safety.

### What I Value

What are some of your highest values and why are they important to you?

Value	Why is this important to you?

### People can rely on me to:

An important element in building trust in relationships is being able to rely on your teammates. What positive behaviours/strengths can your team rely on you to bring to the table that can support the team delivering on its purpose?

Strength	How your strength can benefit the team

## What frustrates me<sup>1</sup>

It is helpful for teammates to understand what frustrates you. It doesn't mean they can or should avoid these situations but understanding them will help them work better with you.

What frustrates you?	Explanation

## Watch out for

What are some of your behaviours that can make you less effective in a team?

Your behaviour	How does it make you less effective

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<sup>1</sup> *Emotional intelligence is the capability of individuals to recognise their own feelings and emotions and those of others and to be able to adjust how they feel and react.*

*Recognising what frustrates you and sharing with your teammates what they need to watch out for with you is a good first step. The next step is to learn to recognise the triggers and adjust your behaviour accordingly.*