



Team Collaboration

Establish and Maintain an Effective Harmonious Team

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Trust Fall



Courtesy via youtube/UrbanKing

Introduction

- Objective: To understand the importance of team collaboration.
- Overview: Three words I focus on for effective team collaboration: Relationships, Intention, and Gratitude

Relationships!

- Collaboration Definition: Working TOGETHER to achieve a common goal through shared ideas, resources, and effort.
- Key Elements to Relationships: Communication, trust, and problem solve TOGETHER.

Key Elements of Positive Relationships

- Open Communication: Encouraging honest and transparent dialogue. Including empathic listening...Are you really listening?
- Trust: Willing to “catch” your team no matter what direction they are falling! Your safe place!
- Problem Solvers: Shared responsibility! Adapt and be flexible. Find a solution.

Benefits for the whole UNIT!

- Increased Productivity
- Improved Morale
- Faster Problem-Solving
- Growth Mindset
- Shared Responsibility
- Clarity
- Engagement
- Loyalty

Challenges to lack of a relationships

- Poor Communication: Misunderstandings and lack of information.
- Conflict: Disagreements and personality clashes.
- Lack of Trust: Hesitation to rely on others.
- Ineffective Leadership: Poor guidance and support



Intention

**Living with intention
means saying *no* to
the things that aren't
important so we can
say *yes* to *what
matters most.***

Crystal Paine

OUT OF THE HABIT

Be intentional...

- with RELATIONSHIPS
- with your TIME
- with TRANSPARENCY
- with your WORDS
- with your ACTIONS

Why we should be intentional?

- People will know you are loyal.
- People will know you are listening.
- People will know you care.
- People will know you are a Leader!
- People know you are a GOOD PERSON!

Guess what? Everyone is watching :)



Gratitude

It's not complicated.

Show **GRATITUDE** towards your teammates...towards everyone!

Gratitude:

What does the research say...

- Gratitude helps people refocus on what they have instead of what they lack.
- The givers and receivers' mental state grows stronger with use and practice.
- Managers who remember to say "thank you" to people who work for them may find that those employees feel motivated to work harder.

Gratitude = JOY

“It is not joy that makes us grateful; it is gratitude that makes us joyful.”

DAVID STEINDL-RAST

Gratitude - easy to do...easy to overlook

- Think of YOUR people
- WHY are you grateful for them?
- Find a pen and paper
- Gather your thoughts and start to write
- The most IMPORTANT STEP! **Deliver**. Preferably in person.



**Courtesy via youtube/soulpancake*

Conclusion

- Build Positive **Relationships**.
- Be **Intentional** with the things that matter most to you
- Always show **Gratitude!**

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THANK YOU for your time.