



***From the playing field to the workplace ...***

**Ten Strategies for Building Team Harmony**

***Get to know your team.*** The more you understand about a person, the easier it is to accept his/her differences. It's easy to be critical and negative about a person you don't understand. Take time to listen, and see it through their eyes.

***Give positive feedback whenever you get the chance.*** Simple statements like, "Good idea," "Great effort," "Nice job" help build strong, positive relationships. Get in the habit of building your teammates up, especially during adversity. By helping your teammates, you end up helping yourself.

***Give 100 percent effort, and work hard on your weaknesses.*** Working hard to improve and giving full effort is a powerful team unifier. Never underestimate the power of your example in building team spirit.

***Both negativism and positivism are highly contagious.*** Don't be fooled into believing your negative attitude isn't affecting your team. Negativism can spread through your team like a disease. Carefully guard what you *think* and say. Start an epidemic of enthusiasm!

***Resolve conflicts quickly.*** Take action to resolve problems. Don't gripe or complain to others—it will only hinder your performance. Communicate clearly, honestly and openly.

***Get your attitude right BEFORE going to work.*** Once you arrive for the day, it often can be difficult to adjust your attitude. The real pro *arrives* with the right frame of mind, ready to perform at their best.

***Don't be a loudmouth or show-off.*** Neither one will produce many friends. Quiet confidence, sincerity, and the ability to listen will serve you and your team much better.

***Be responsible for yourself.*** Don't get into the habit of blaming others for your poor performances or mistakes. Blaming only serves to frustrate team harmony.

***Be your own best igniter.*** Don't rely on others to push you to keep up. Self-starters are extremely valuable to the team. They're often the triggers for positive momentum.

***Don't forget to have fun!*** Being able to laugh and loosen up often breaks down barriers and helps people to relax and feel closer. Remember, when you can enjoy, you can perform.