



**Recognizing Difference to
Make a Good Team**

Goals for Today

- Identify the key factors of teams
- Identify strengths and weaknesses of each team member .
- Understand how the whole-brain mindset effects the communication, problem solving and teamwork
- Increase team and leadership abilities.

Teamwork Challenge

DISCUSSION

WHAT'S WITH THE MONKEY



Meet my constant companion, Max
He represents the part of the brain that is more primal. You may have heard of the “fight or flight response” or the “amygdala hijack.” These refer to how our brains are wired to respond to threats in our environment. But as life has become less “wild,” this system is still working away in the background, looking for threats. Unfortunately, in our modern world, we often mistake difficult situations as dangerous. This causes our brains to shift from “what’s best for my long-term success and happiness” to “how do I survive this and win?”



THE CHALLENGE

Like any “animal,” people play to their strengths. When a deer is threatened, it relies on its speed to escape harm. When a bear feels threatened, it depends on its strength to prevail. But when a very logical person is threatened, they may rely on their data to get them out of trouble. If someone is very empathetic, they may rely on their tribe to save them. You get the idea. The point is that when we are stressed, fearful, or maybe just plain “hungry,” we rely on whatever our natural talents are to solve the problem.

WHY IS THIS A CHALLENGE?

In today's world, most people see some level of threat most of the time. This outlook causes us to burn ourselves out, distress the people around us, and almost always get the opposite of what we want. And when we do "win," we have paid an incredibly high price for our success. The most dangerous part is that when we use our strengths, it feels like we are doing the right thing

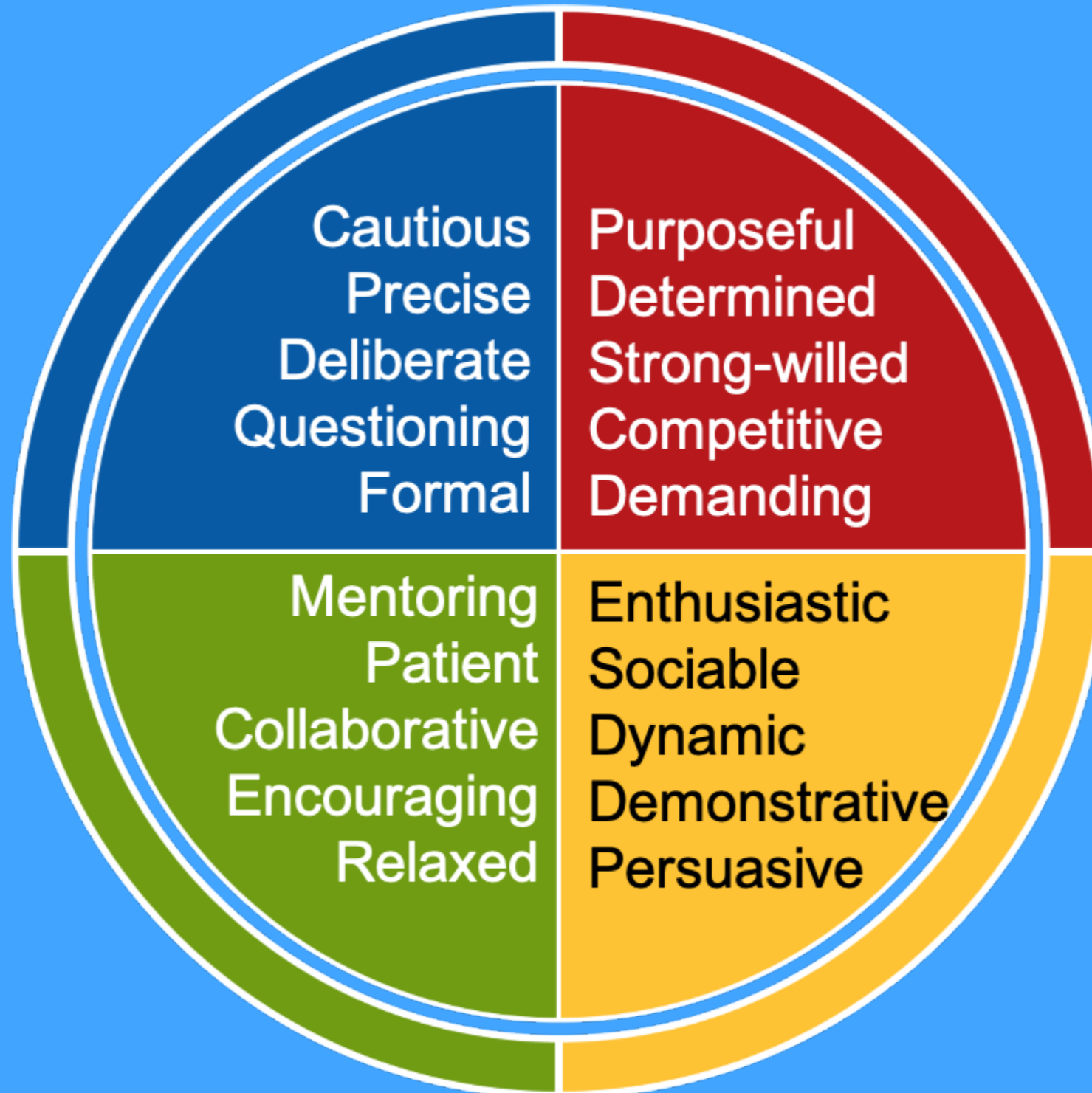
WHAT WE DO ABOUT IT?

We learn to identify when we are operating in “Monkey Mind.” We step out of the fear, stress, and craving that drive short-term thinking and activate our more sophisticated brain, where our strengths can truly flourish. Then we can create results far more rewarding and sustainable for ourselves — and those around us

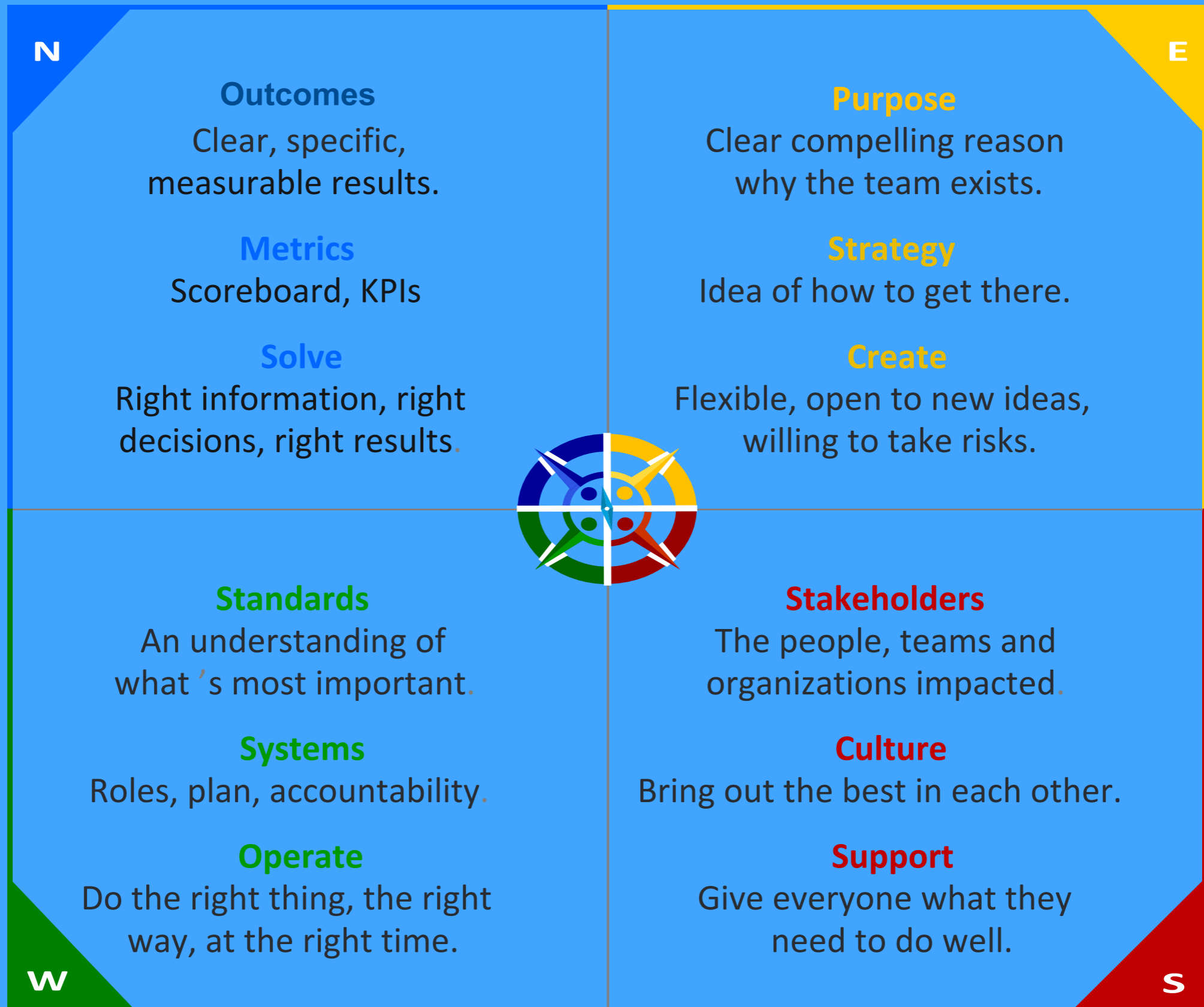
WHO ARE WE?
WHO ARE YOU?

APPRECIATING OUR DIFFERENCES

Your Brain at work



Effective teamwork requires knowing the strengths of each team member, and the direction the team is going in.



UNDERSTAND THE COMPASS



PUTTING A PLAN IN PLACE

- Support the goals while supporting others
- Develop strategies for applying ideas and tools
- Develop communication skills that supports the standards of working together
- Develop a culture of support

WRAPPING IT UP

- GOALS RE-DEFINED
- QUESTIONS AND ANSWERS

Some additional resources

- <https://atlantachallenge.com>
- Note that materials were used in part from Atlanta Challenge and other resources including:
- <https://www.linkedin.com/pulse/when-monkey-mind-impedes-your-ability-lead-mark-saddic/>
- <https://www.teamwork.com/blog/monkey-mind-productivity-soar/>



**1901 Montreal Road, Suite 102
Tucker, GA 30084**

**Kim Gibson, DSW, LMSW
kgibson@disabilitylink.org**

Voice- 404-687-8890

Video- 404-381-8117

Georgia Relay- 711

Fax- 404-687-8298