

The Self Experience Connect to the Team Building

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Introduction

Team building is one of the leadership qualities, which shows the important roles in teamwork. A team works together to do some things, and they need to have cooperation skills to communicate. Improving team cooperation is the most important behavior during group time, which is a common way to contribute or achieve the relationship between the goals and group members.

Important Ideas for Team Building

Activities in Team Building

Activities are the way to contribute to the team in team building. A good team activity can make the team build their relationship quickly with each other and initiate their cohesion. Some challenging activities can let team members face those problems together, working together, and solving together to improve their team working ability and enhance their communication and helping skills, also friendships. According to the research, "Its aim is to bring out the best in a team to ensure self-development, positive communication, leadership skills and the ability to work closely together as a team to problem-solve" (Fapohunda, 2013, p. 1). This shows that the activities can enhance the memberships between every group member and increase the ability of themselves to keep the good influence in the teams and make the good examples to each other. The activities also can help a team build leadership, which is more need the leader, but if everyone can be their own self-leader, control themselves, also in some cases, can lead other team members to be successful. In a team building the successful activities can make people learn themselves and zoom the distance between others and self, also enhance the cooperation skills and communication effective to others when a team meets the things in the future, that will be an effective activity for team building.

Process in Team Building

The process is also a kind of part to enhance the team building, which needs people to focus on the steps that they do when they are in a team. Successful team building cannot be without processes or steps because no one team is just better than others. In the process part, teams always need to set the achievement goals to make sure anyone in the group can achieve it, and someone needs to encourage all the team members when they fail in some parts or the goals. According to the research, appreciating team members can make them feel that hard work and effort have not been ignored or disappointed in them, and encouragement can make them feel cared so that they can work harder to achieve their goals, and unite and cooperate to achieve success (Deiratani, 2021, para. 13). This shows the successful team building is not growing like criticize to improve when the team does a wrong thing, they encourage, and help are more important for the process of the team building to when they get the achievement. The process is an important part that needs to be achieving the goals, improving the experience in the process part, and make everyone satisfy the process of team building.

Steps in Team Building

The third idea for good team building is the good steps building, which needs to make sure the goals are setting, knowing the difficulties they may facing and solving the difficult problems together, achieve the goals to get the achievement together in the end. The teams need to set up the goals together before they initial working in this topic, which is a important step for team building because of the communication skill need use in this part, and everyone need make sure their topic is same and the jobs they play in this team. After setting the goals, when they do the project together, team members may face difficulties. So before working the project, the team needs to analyze the difficult and easy parts for different parts, also to make sure the topic is fully understandable for the group and who can solve those problems quickly.

After, if they face the troubles again, team members need to be solving together, which enhances the team cohesion and unity of the teams. When the unit is successful, the achievement can make everyone in this group feeling happy and comfortable, and maybe they will work together in the future because of the success one time. Those steps also corresponded Bruce Tuckman's Team Development Model, which said five stages of development, forming, storming, norming, performing, and adjourning (Tuckman, 1965). The steps in team building for computing can help plan the time when a project needs to do, which will lead the group to do the whole project. They do not need to be wrong about the steps of each part. The steps for team building are the critical part of leading the group, improving, and go ahead, which already gives a structure to the team, and they can become more effective to build the whole group and lead them to success.

Experience

Strengths and Weaknesses for me in Team Building

The strength for me in team building this felid, I can mobilize the emotions and enthusiasm of group members to participate in group projects. The things that happen in my high school, which is a good example to explain why mobilizing team members is my advantage in team building.

On-time, in my geography class, our group have a project to do, which need to design a PowerPoint and poster for the knowledge-based on Earthquake Zone. Also, we need to present the content to everybody, which means we need to write the scripts and practice those things use our own time. Four people in a group initiated the project very early when we got the topic. In our team, we do not have a leader to lead our team, but our team's division of the project's personnel allowed us to succeed. However, the division of the project personnel in our team made us successful, and as a ppt producer, I made a basic summary of the entire

system of knowledge on the same day. In those days, we helped each other and discussed the things we needed to present when our team was facing problems that we needed to solve, and I encouraged the whole team that feels happy to solve the troubles and feel free to ask any question in the group, not just solve by self. In the end, the presentation of our team was very excellent, which won first place with another group at the same time, because we had a relatively good group task assignment, a good collaborative environment with the team, and the clarity of the group goals are the same as everyone's ideas.

The weakness I also show in my high school presentation, that sometimes I will shrink because my team members cannot help me with some difficulties, and I also cannot solve them. Sometimes I am always anxious because the project is almost at the time of the speech, but I am not ready, so it will also bring pressure to the same group members. One time, two friends with me to be a group to present the Victorian era, but before the presenting only have 1 hour, we still fixing our PowerPoint and the scripts we will present to the teacher and classmates. Under this case, I showed anxiety and tension that I didn't have before, and even my speech pronunciation during practice was very non-standard. And my emotions made my teammates worry about the group's speech, but it still comforted me. At that time, we were not perfect in our official presentation, but not bad because of encouragement from my teammates. After that, this kind of speech anxiety has gradually become my weakness.

Fixing my Weakness

In order to solve my anxiety about speaking, I use some ways to be solving my weakness. I often talk to myself and frequently socialize to relieve my pressure about seeing people. When a person walks on the road, I exercise my speech ability by talking to myself, imagine myself giving a speech to others, and in life, I encourage myself to make friends with strangers and chat with them, thus changing my speech The fearful thoughts that arise when I

see a lot of people. Sometimes, I will start the project early to make sure not very anxiety because I need to avoid myself cannot finish the project early and have time to practice my presentation. According to research, “Practice—rehearse your talk with a friend” (Staley, n.d., para. 2). That shows I need to present to my friends first, to withdraw my nervous feeling, and friends can give some feedback to improve my presentation quality to have a better present in front of classmates and teachers and use some interesting things to divert my attention. Also, according to research, pass the bad feeling to the team will influence the process of the project in the whole team because of emotional transmission (Kelly, 2001, p. 1). That means in a group, and I cannot pass on the anxiety feeling to the team members if I want to succeed in the project. At last, I need to avoid the anxiety feeling from myself which can use some ways, also do not pass it to the group which is the best solving methods to help me fixing my weakness for building a good team.

Conclusion

The team building connects activities, processes, and steps, which need every group member to join with it, also the experience from myself which follow on that. The team experience of myself connects to the team building that some problems from myself need to be fixing if I want to have a good team building. The emotional feeling is more important in the team building after these three parts, and both connect with the team building when they form to be a team.

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