

Exercise: Mapping Your Workplace Interdependencies

Part 1: Who Do You Depend On?

Instructions: Complete the table below by identifying two key colleagues from different departments whom you rely on to achieve your objectives.

| Name | Department/Role | Nature of Dependency | Reason for Assistance |
|-------------------|----------------------|---|--|
| Example: Chris | Software Development | Integration of a new feature into the product | Chris's expertise in software architecture is crucial for efficiently incorporating the new feature I've designed. |
| 1. | | | |
| 2. | | | |

Part 2: Who Depends on You?

Instructions: Fill out the table below by reflecting on two individuals or teams that depend on you for their success.

| Name/Team | Relationship to You | Nature of Their Dependency | Reason for Your Support |
|----------------------------------|---------------------|-------------------------------|--|
| Example: Product Management Team | Collaborators | Feedback on usability testing | My insights help refine the product's user experience, ensuring it meets the end-user's needs effectively. |
| 1. | | | |
| 2. | | | |

Reflection

After completing these tables, think about the network of dependencies in your workplace.

- How does recognizing these interdependencies impact your approach to leadership and teamwork?
- How can you use this understanding to foster a more collaborative and supportive work environment?