Leadership Development

Journal Three – Table of Contents

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| Contract Route | Pass | Number of Words |  |

Please indicate contract route and the number of words in this journal in the table above:

If you are pursuing the “Pass” route you are to write about **TWO (2)** items from each section (each from a different unit). If you are pursuing the “Honours” route you are to write about **THREE (3)** items from each section (each from a different unit).

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# A – 12 Ways to Better Team Building

I think my current employer could use a lesson in #9 (encourage play time). The office environment is a cubicle farm where you can hear every mouse click all the way across the room. People are afraid to even take a phone call because everyone can hear everyone else’s conversation. Because of this, there is no sense of working on a team. I actually have no idea what other team members are working on or if they are even doing anything at all.

Doing some group activities could be a good way to ease the tension. It doesn’t have to be the usual lame fall-backwards-so-someone-can-catch-you thing, even something like a weekly lunch at a restaurant would work well. Just to let people get to know each other.

# A – Man’s Search for Meaning

I liked this article because it was all about the link between mental and physical health. It seems likely to me that a healthy mind is a requirement for a truly healthy body. The mind is a part of the body and controls the vast majority of what is happening.

Take for example, clinical depression. The symptoms of depression can include headaches, fatigue, digestion problems, insomnia, loss of appetite and slowed movement among a lot of other things. The ones I’ve listed are all symptoms that we typically associate with physical diseases, yet in this case they are caused by a mental disease.

Also consider how we often treat mental and physical diseases in similar ways. We use a large variety of chemicals and therapy to help treat individuals in both cases.

To get back to the article, I think what was happening to the prisoners that lost hope and meaning was that the brain stopped the body from living. Since the brain is in control of just about everything, it makes sense that the brain would be able to just shut everything off like that.

# B – Cesar Chavez

# B – A Question of Leadership

# C – The Grapes of Wrath

I’m having a hard time finding the relevance of this article to team building. When we get to the story, the families already know their roles and already have their goals set. Wouldn’t it be more useful to know how the roles and teams came about?

# C – Pygmalion

The thing that I found most interesting about this is kind of tangentially related. During the discussion of the third PTC question, Yvonne had asked about the goals from Eliza’s perspective. I hadn’t even considered the goals that Eliza might have had when answering the question.

Feminists often talk about “consciousness raising” and this is the sort of thing they are referring to. I had completely missed that the question could be considered from both sides and automatically went with my instincts without thinking.

It’s not really a huge deal I think, but it’s something to be aware of.

# E – Ball Exercise

The thing that sticks out to me is how people are more excited when someone is willing to take a risk and is willing to fail. When someone would walk the ball into the box, it was almost disappointing that the person wasn’t willing to try throwing the ball. The same goal was accomplished whether the person threw the ball or not, but people were happier to watch someone throw the ball and miss than to walk it in. Which got me thinking, is the way we accomplish a goal just as important as accomplishing the goal?

For example, nobody (obvious Western bias here) remembers Ghandi for what he did, we remember him for how he did it. We remember Ghandi for his peaceful protests, refusal to act violently and his ability to inspire others to follow him. Yet if you ask someone what Ghandi actually accomplished, I doubt many people would be able to tell you.