

***Assignment No: 02***

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1. **How Teamwork relieves stress?**

* **Teamwork Provides a Support Network to Help You Beat Workplace Stress**

If you are truly feeling overwhelmed and it is affecting your health and wellbeing, you should certainly feel able to [tell your manager that you’re suffering from stress](https://www.calibre-furniture.co.uk/blog/how-to-tell-your-manager-you-are-suffering-from-stress). That’s the first point to make. However, teamwork can certainly help you reduce your stress levels because it gives you an instant support network.

* **Teamwork is More Fun Than Working Alone!**

Let’s be honest, it’s far more fun to work with other people than it is to sit at your office chair every day and feel isolated or cut off from other people. When you work within a team you have a circle of work friends, and even those you don’t really like so much are there to provide support!

* **Teamwork Provides a Welcome Distraction**

If you’re feeling stressed about something other than work, perhaps at home, working as part of a team can be a welcome distraction from your worries. Sometimes outside influences can cause us to feel low at work, and that outside stress can affect our work performance. However, distraction techniques give you a break from whatever is causing you to feel that way, and teamwork can be one of them.

* **Teamwork Encourages You to Develop Yourself**

Working a part of a team is ideal for those who are keen to develop their knowledge and skills further. You can learn from your teammates, and they can learn from you. This helps to reduce stress because the more you learn, the more confident you feel. When you feel confident, stress finds it very hard to make an appearance in your working day!

1. **How Teamwork provides great learning opportunities?**

**1. Teaches essential social skills.**

* Teamwork teaches essential communication and social skills, such as active listening and effective speaking.
* When working as a team, students learn how to listen to their leaders and coaches in order to perform their individual roles. Students learn how to listen to one another in order to function as a cohesive unit.
* Teamwork teaches students how to respectfully and confidently express their ideas and opinions effectively in a group setting.

### 2. Improves self-confidence.

* Teamwork teaches students that their voices are respected and valued.
* Knowing that she will be heard helps build a student’s self-confidence, while encouraging further participation in group activities.
* This becomes a self-sustaining cycle: participation in team activities teaches students how to be better communicators, which in turn helps every member of the team feel valued and respected.
* As a result, even the most introverted and quietest members of the team can become active participants and learn to enjoy team activities.

### 3. Reduces bullying.

* One of the biggest benefits of teamwork is its potential to dramatically reduce the effects of bullying on students.
* When a student knows she is valued and respected by others, she will be able to rise above the hurtful acts or comments of a bully.
* Being a part of a team that genuinely cares about its members will also give a student a strong support system.

### 4. Sets students up for future success.

* The benefits of teamwork almost always translate into success outside the classroom.
* There are very few career paths that operate in isolation. As an employee in almost any industry, people are required to work closely with others.
* That’s why employers prefer to hire people who have demonstrated their ability to work as a part of a team.
* Introducing students to collaborative environments early in their school experiences presents opportunities for them to more productive and joyful as they work with others in a team-based environment.

1. **How Teamwork encourages to take risks?**

## Model Risk-taking Behavior

I worked for a boss who talked about risk taking all the time, and while it was true that he was tolerant and supportive in times of failure, he wasn't much of a risk taker himself and consequently the organization took very few risks, even though he actively promoted it.

## Define Smart Risks and Set Limits

We need to define what we mean by smart risk.  The last thing we need is for the entire department to be taking big risks that jeopardize the business. We need to clearly communicate limits to risk taking and have procedures in place for review of any proposed risk that would breach these limits, a kind of risk review board.

## Identify Your Best Risk-takers And Unleash Them

Risk taking is a behavior, not a process, so identify who your best-existing risk takers are and encourage them to take smart risks. The more people modeling smart risk-taking behavior, the quicker and easier it will be to create that culture.  It's also good to have them acting as mentors to other members of your team, helping to teach people how to take smart risks.

## Create A Safe Environment For Risk Taking

We need to create a safe environment for risk-taking; this means not punishing people who take smart acceptable risks and fail but supporting them, helping them learn from their mistakes and then encouraging them to try again.  These are the kinds of mistake we should tolerate, the ones that look to move us forward.

## ****Reward Smart Failures****

Set up a structure that reviews failures and rewards the best attempts, as this will show that the organization is serious about risk-taking.

What gets rewarded gets repeated, so we need to reward the best failures as well as success as this will send a strong message to the organization. Something like a Who Dares Wins Award, showing that it's about the smart risk taking not just about the success.

1. **How Working in teams boosts member’s morale and motivation?**

**1 Creates a supportive environment**

Enabling teamwork at the workplace helps ensure no member falls behind. Working together in a team makes it easier to meet deadlines and deliver high-quality work – and the team members are always there to pick up the pieces when one person falls behind. A team working towards a common, shared goal creates a sense of fellowship. It boosts morale by giving individual members the feeling that the team values their work.

**#2 Builds Confidence**

Collaborating with other members essentially build confidence and creates opportunities for brainstorming. As a result, difficult problems are solved easier and more effectively. Each member of a team has something unique to offer. Working as a team gives them a strong sense of belonging and appreciation and a deep commitment towards a common purpose.

**#3 Brings in new ideas**

Teamwork brings in newer and fresher ideas that help the employees feel more competitive and enthusiastic about their work. It gives them the chance to contribute their unique perspectives to a common problem, which in turn makes them feel more important. Teamwork lets them exchange ideas and apply creative thinking. All of this greatly contributes to boosting morale.

**#4 Increases learning opportunities**

Each employee is different in terms of his or her individual skills, expertise and experience. Working in collaboration enables them to interact with each other, which becomes a great learning opportunity because they can acquire new skills and new experience from their team members. Nurturing innovative ideas, helping each other in effective ways – all of this contribute to boosting overall workplace morale.

**#5 Helps remain focused**

Every business or company faces difficult situations at one point or another. During those challenging times, teamwork comes in handy because the team members can rely on each other for guidance and support. It enables them to keep carrying out their duties and responsibilities without getting distracted.

**#6 Increases accountability**

As opposed to working in a team, working alone makes a person less accountable. With teamwork, no member wants to let others down – thus, confidence is built. It develops the zeal for hard work and accountability.

1. **How Teamwork improves productivity and brings better results (easily achieve goals and objectives)**

## Top benefits that working in a team brings:

If you keep teamwork at the center of your work culture, you are sure to reap the benefits. Let’s go over some of the incredible benefits of teamwork in the workplace:

### ****Teamwork Improves Productivity****

Teams that work together are more productive and motivated toward company goals. Highly engaged teams showed a [21% increase](https://www.gallup.com/workplace/236366/right-culture-not-employee-satisfaction.aspx) in profitability.

1. **Greater Synergy**

Teams are formed with diverse skill sets, knowledge levels, and backgrounds. When this diversity comes together it can create a greater sum than the total of individual efforts. Teamwork can **increase cooperation** among members as they learn from each other’s mistakes and triumphs.

1. **It Increases Innovation**

In a workplace where employees are open-minded, frequently share their ideas, analysis, suggestions, and concerns can make for better **brainstorming**. This sets a path for greater dialogue on new ideas and different perspectives – the result is **continuous innovation**!

1. **Engages Employees**

Teamwork enables employees to socialize, discuss openly, and have conversations beyond work. Working together **creates** **bonds**, this then results in creating a **sense of** **belonging** and uplifts overall morale. If all work with enthusiasm, is ready to help others, and go beyond the normal call of duty it ensures overall success.

1. **Enhances Flexibility**

While working together as a team, all are aware of each other’s roles/ responsibilities and are willing to pitch in if one person is unable to complete a certain task. This provides flexibility within the team and makes an **adaptive** **team** that can easily tide over new challenges.

1. **Overcomes Obstacles**

When a team faces a challenge, they can utilize their varied learnings to come up with multiple solutions to tackle the problem. Teammates also help each other through their difficulties thus are better able to handle any hiccups along the way and could even proactively warn each other of foreseeable risks.

1. **Improves Service levels**

Teams that work together provide improved customer service to customers as they work cohesively. A unified team reduces interdepartmental bickering and blaming to deliver a superior customer experience. Customers love a unified service experience when it comes to a quick resolution of their queries and strong team bonds provide for holistic solutions.

1. **Gain Fresh Perspectives**

When teams work together, they are able to discuss and share a variety of perspectives of a situation. This gives a chance to look at a problem from multiple angles thus creating a greater multitude of solutions too. Teamwork makes members more open and sensitive to others’ thoughts and enables learning of different cultures.

1. **Builds Trust**

Teamwork creates a strong bond and a team that enjoys working together. If you are able to trust a coworker, it provides a feeling of safety that enables teammates to open up and encourage each other. Trust in teammates also assists in open communication which could indirectly lead to increased trust in the organization and management too.

1. **Simplifies Conflict Resolution**

Teams are prone to conflicts with multiple points of view coming together, there is a large scope for a clash. Team spirit that can be created through teamwork and team bonding activities aid in the swifter and calmer resolution of these fights. Close-knit teams, tend to find ways to resolve conflicts among themselves rather than involve management or external parties.