# Understanding individual and teamwork styles - Working with others

# worksheet 1

This worksheet looks at the importance of teamwork in the workplace, and how you plan to be the best team member you can be. There are a number of activities to work through, with spaces below for your notes.

There is also a workshop you can participate in to help you understand yourself and others when working in teams.

## READING:

**Who are you at work?**

Many people keep their personal life separate from their working life, however that is becoming much more difficult these days with social media, and the ability to work from home in some jobs.

Your reputation and how people see you at work will have an impact on your happiness and success at work, so it is important to think about how you want to be known at work, and how you will build positive relationships with others that you work with.

This article from seek.com gives some very simple dos and don’ts for being the best person you can be at work.

Click on the link below to read this article:

<https://www.seek.com.au/career-advice/article/who-are-you-at-work>

## video:

This very simple video from Youth Employment UK outlines what Teamwork is, why it is so important in the workplace, and what you can do to be a great team member.

Click on this link to watch this video:

<https://youtu.be/N6oaCRlCnhA>

Consider the following questions to support your understanding of teamwork in the workplace.

What does teamwork mean to you, and how important will teamwork be in the career or work that you are aiming to do?

What sort of team member do you want to be (how will others in your team describe you)?

What habits will you develop in your work so that you become known as a great team member?