



Weekly Character Challenge

COLLABORATION

collegial ▪ cooperative ▪ flexible ▪ interconnected ▪ open-minded

values and actively supports development and maintenance of positive relationships among people; encourages open dialogue and does not react defensively when challenged; connects with others at a fundamental level in a way that fosters productive sharing of ideas; recognizes that what happens to one can affect all

MORNING

M

When introducing new projects to your team, make sure that you define the role of each team member at the beginning of the project to avoid later confusion. Well-defined roles strengthen collaboration.

T

If it's been a while since you gave a status update to your team or checked in with someone, reach out to at least one of them today.

W

Pick someone on your team you don't know very well and invite them out for coffee. Ask them about their career, family, and hobbies. Amicable work comes from knowing each other as human beings, rather than just as co-workers.

T

When you're the lead on a team or project and privy to information that others are not, share your knowledge and information with those on your team. When you receive new information or updates, think about who you should share it with.

F

Phone a friend with whom you've made plans (i.e., for an evening or a weekend activity). Ask them if there's anything else they would absolutely love to do. Offer to make it happen!

AFTERNOON

Pick a project that's on your plate and invite someone to help you (i.e., a newer co-worker you can teach along the way, or a friend or a neighbor you can get to know as you run an errand together). You can also ask if anyone needs help and volunteer your time to help them reach their goal.

Connection comes from consistent interaction. Pick a co-worker, friend, or family member who is important to you. Ask them if they'd like to connect on a regular basis (e.g., a weekly team meeting or shared lunch, or in the case of friends/family, a monthly dinner or phone call).

Commit to keeping an open mind during group discussions today, especially when people bring up new ideas. Before you reply, practice active listening. Encourage participation by inviting others to share their thoughts.

Is there a problem at work you're currently stuck on? See if you can think of a colleague who might be able to help you, then reach out to them and ask.

Do a blind taste test! If you have a strong preference for a certain kind of cheese, coffee, ice cream, chocolate, etc. try a few different brands "blind-folded" and see if you can tell them apart. Perhaps you'll find a new favorite! Hopefully you'll enjoy the challenge and benefits of being open-minded.