



TRANSFORMING “TEAMWORK” INTO A VERB

How a change in perspective can benefit team effectiveness

BY CAROL L. BROOKS, SR/WA

American writer Constance Hale once said, “Let’s consider for a moment that a sentence can offer a moment of quiet, it can crackle with energy or it can just lie there, listless and uninteresting. What makes the difference? The verb.” Now imagine a sentence without a verb. A scene in a book may read something like this: *Becket to the door, hoping someone—anyone—could him.* The resulting sentence is boring and nonsensical, right? In contrast, this same scene with verbs could read: *Becket staggered to the door, hoping someone—anyone—could rescue him.* What a difference a verb can make to spur our imagination and motivate our creativity. A verb

expresses action—it’s like putting feet to a commitment, a vision or a goal. Verbs can bring life to a story or in our case, to a workplace.

According to the American Heritage Dictionary, “teamwork” is a noun and is defined as the collective effort by the members of a group or team to achieve a common goal. Do you sense the action in this definition? What if we changed our perspective from seeing the word “teamwork” as a noun and focused instead on the action? What can we do to be mindful of transforming “teamwork” into a verb?



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Intensity

Before you head into the next team meeting, think about what you bring to the table and take an objective view of your strengths. Give closer attention to who you are, then become curious about ways you can offer your strengths to support and fortify your team. Say yes to sharing the best of yourself with your team. For example, one of my strengths is humor. When expectations are set too high or when there's a lack of buy in to top-down indices, I try to get my team to laugh and release their tension. In doing so, they can relax and become more engaging. When you think of it, it's the team's tension that can interfere with effective brainstorming.

Inclusion

One of the ways we can come from a place of generosity is to be bighearted. The gifts of your strengths are meant to be given away. It seems the more you give, the more you'll get back. In the example that I shared about my humor, I am encouraged when people laugh at what I say. It gives me confidence to give away my humor and the results of being generous with my strength is like a boomerang. What I receive in return is a better version of myself. The same can happen to you!

Intuition

It's easy to doubt ourselves and think about how we might fail or be unduly challenged by someone. But over the years of my work experience, I've learned one key factor about myself: No one knows me like I do. No one knows how strongly I can second guess myself or hold back from being brave enough to trust myself. I finally began to realize that these traits weren't helping me or my contribution to others. It was time to quit collecting all kinds of negative data. It was time to trust myself. This past year, I made a resolution to follow my intuition—no doubts, no dawdling, no distractions. There were times when the climb was too hard, but I kept to my resolution and trusted my intuition. The payoff was incredible.

In Summary

We all seek success, the euphoria of accomplishment and the satisfaction of achievement. Each of us has the power to change the dynamics of our team by changing "teamwork" into a verb. Let intensity, inclusion and intuition partner with you to reach unbelievable heights of achievement for you and your team. This is action in its truest form and when you convert a noun into a verb, watch the renewed enthusiasm to team effectiveness. 🌟



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