

## Characteristics of a successful team player

#6

### RELATIONAL

Relationships are the glue that holds teams together

Take the time and trouble to understand people - Nothing will pay bigger dividends

Five characteristics of teams with good relationships:

**Respect** - Give it to others freely, but you should expect to earn it in return. The quickest way to earn respect is in difficult times.

**Shared Experiences** - You can't be relational with someone you don't know. It takes shared experiences over time.

**Trust** - To be trusted is a greater compliment than to be loved. Without trust you cannot sustain any relationship.

**Reciprocity** - There must be a give and take in every relationship. Everyone benefits as well as gives.

**Mutual Enjoyment** - Good teams enjoy being together no matter what they are doing. They simply enjoy each other's presence.

The secret is to work less as individuals and more as a team. A famous volleyball coach once said, "I don't play my six best, I play my best six."

To better relate to your teammates...

**Focus on others instead of yourself** - How can you add value to your teammates? What can you give them without benefiting yourself? Don't forget the team is not about you.

**Ask the right questions** - Get to know your teammates. What makes them laugh, cry, smile? What do they dream about? Listen carefully.

**Share common experiences** - Work to make connections with your teammates outside of volleyball. Do things socially.

**Make others feel special** - Give your teammates your full attention. Offer compliments genuinely. Recognize people in front of their peers and family. Show your teammates you care about them.

"I am a member of a team and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion." --Mia Hamm