



Teamwork

Definition

Teamwork is defined as the synergistic collaboration of a group of individuals who combine their skills, knowledge and efforts to achieve a common goal. It involves shared responsibility, open and respectful communication, and the understanding that individual success is intrinsically linked to collective success. In an effective team, each member brings their strengths and supports each other's strengths, overcoming individual limitations and generating results that are greater than the sum of their parts. Teamwork is of crucial importance for the integral development of adolescents, as it provides them with a safe space to cultivate essential social skills such as effective communication, empathy, active listening and conflict resolution.

How does it affect teenagers

Teamwork is of crucial importance for the integral development of adolescents, as it provides them with a safe space to cultivate essential social skills such as effective communication, empathy, active listening and conflict resolution. By collaborating with their peers, adolescents learn to negotiate, share responsibilities and value different perspectives, which strengthens their ability to build healthy relationships and function in diverse social contexts.





Teamwork and social inclusion

El trabajo en equipo proporciona un entorno donde los adolescentes pueden interactuar con sus compañeros. Esta interacción fomenta la empatía y la comprensión, ya que los jóvenes aprenden a considerar las perspectivas y habilidades de los demás para lograr un objetivo común. Al participar en proyectos grupales, los adolescentes que podrían sentirse excluidos encuentran un sentido de pertenencia y aceptación. El éxito del equipo depende de la contribución de cada miembro, lo que valida las habilidades individuales y promueve la diversidad.



How to tackle it?

The development of teamwork in adolescents can be encouraged through the implementation of activities that require collaboration to achieve a common goal. Incorporating group projects in various subjects, where each member has defined roles and interdependent responsibilities, promotes the need to communicate, coordinate and support each other. In addition, the organisation of extracurricular activities such as team sports, clubs, volunteer projects or artistic initiatives.





Warm up questions

- What do you understand by teamwork?
- Do you like working in a team or individually?
- Why?
- What do you like most and least about working in a team?



Questions for discussion

- Do you think that teamwork encourages social inclusion?
- Have you ever felt excluded from a teamwork activity?
- How would you like to be treated in a team?
- Are you good at teamwork?

Find out more

- Collaboration over competition: Building teamwork in teenagers.
<https://morphoses.io/blog/collaboration-over-competition-building-teamwork-in-teenagers>
- What Makes The Worlds Highest Performing Teams? Motivational Teamwork Video.
<https://www.youtube.com/watch?v=g5ois8U5TNI>
- The Power of Teamwork.
<https://www.teenlife.ngo/the-power-of-teamwork/>





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