



Leveraging Team Strengths

My Mindset Activity

STEP 1: Watch the Effective Team Dynamics (ETD) video: **My Mindset instructions**

STEP 2: Download the ETD App

STEP 3: Chose one of the following questions to think about as you do the "My Mindset" activity on the ETD APP.

You will reuse the APP to generate new two-word pairs for each of the questions that you are considering.

What mindset do I need to have to lead a team?

Write your two-word pair that you generated with the My Mindset activity (using the ETD APP) on the lines below.

_____.

With this mindset, what will you being doing or not doing to lead a team?

What I will be doing...

What I will not be doing....

What mindset do I need to have to deal with a problematic teammate?

With this mindset, I would be..

Doing

Not Doing

What mindset do I need when I am following someone else (I am not the leader)?

With this mindset, I would be..

Doing

Not Doing

Other situations to think about:

What mindset do I need when talking to a potential employer?

With this mindset, I would be..

Doing

Not Doing

What mindset do I need to complete my academic work?

With this mindset, I would be..

Doing

Not Doing

What mindset do I need when I am dealing with a difficult problem?

With this mindset, I would be..

Doing

Not Doing