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**Project Proposal**

# Walk a Mile in My Shoes

**Building Trust - 20 min****The Obstacle**

- Individual over team goals
- Avoiding conflict
- Marginal commitment & effort
- Not valuing teammate's contributions
- Managing status
- Negative attitudes & body language

**The Delivery**

Discussion &amp; Reflection

**The Way**

Introduction

- Ask: Have you ever thought about what it would be like to be LeBron James every day? What would be some good things? Some bad things?

Lesson

- Have you ever thought about what it would be like to be one of your teammates - take on their role, go home to their family, hangout with their friends, take on their expectations, face their problems?
- Assign teammates partners - it will be beneficial to do this exercise multiple times so teammates can walk in multiple people's shoes
- Each teammate journals their thoughts on being the teammate in 4 areas:
  - Role on team, family expectations, personal schedule, being their teammate
- Teammates discuss each area for 2 days, trying to better understand their teammate
- After 2 days, teammates share their partner and reveal how accurate their assumptions were

**The Follow-up**

1. Allow team members to check-in with a teammate weekly to share things going on in their lives outside of work or the team
2. Campfire Share - select 2 team members to share 1 success and 1 challenge they've experienced over the past week to share with the entire team