

# Strengths & Weaknesses

Personal Standards - 30 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 & Reflection



## The Way

Introduction

- Ask: Does your best friend always tell you what you want to hear or what he/she thinks is best for you? Why?

Lesson

- Write down 2 strengths and 1 weakness for each player and coach on the team, including yourself.
- Circle Share - all players go around the room and share the 2 strengths they have written down for player A. Player A listens and makes notes of the strengths shared by teammates. Player A then summarizes what he heard his teammates share and what he had for his personal strength
  - This is an important time to see if what the player thinks his strengths are aligned to what teammates think.
- Circle Share cont - Now players go around again sharing the 1 weakness they have written down for player A. Player A listens, takes notes, then summarizes what he heard. He then shares what he had for his personal weakness.
- Next player or coach is up

## The Follow-up

1. Revisit team member's lists of strengths and weaknesses periodically as a reminder to continue operating in their strengths while working to improve their weaknesses