

BEST PRACTICES FOR COLLABORATION

ORIGINAL
AUTHOR:
JENNIFER
SABOL

WHY IS COLLABORATION IMPORTANT?

- COLLABORATION MAKES YOU A PART OF A TEAM WHETHER WITH WORK, SPORTS, OR AT HOME
- YOU CAN ACCOMPLISH MORE WHEN YOU COLLABORATE WITH OTHERS



WHY IS COLLABORATION IMPORTANT?

- WHEN IT COMES TO HEALTH AND WELLNESS, HAVING THE RIGHT ENCOURAGEMENT AND IDEAS ARE KEY TO ACCOMPLISHING YOUR GOALS AND BEING SUCCESSFUL



HOW TO COLLABORATE



- FIND YOUR TEAM
 - FIND PEOPLE THAT CAN BE SUPPORTIVE, CREATIVE AND INCLUSIVE OF OTHER IDEAS

HOW TO COLLABORATE



- ASK FOR HELP
 - WE ARE BETTER TOGETHER! ASKING FOR HELP AND ASKING QUESTIONS CAN GET YOU TO YOUR DESTINATION QUICKER THAN DOING IT ALONE

HOW TO COLLABORATE



- FIND A COACH, TRAINER, OR WORKOUT GROUP
 - HAVING SOME GUIDANCE FOR YOUR WELL-BEING AND BEING SURROUNDED BY PEOPLE WHO HAVE COMMON GOALS ALLOWS YOU TO BETTER ACCOMPLISH YOUR GOALS!

MAKING THE MOST OF YOUR TIME

Set a Goal

When working with a team on a project or goal, make sure everyone is clear on the goal at hand

Make an Agenda

Whether it is your work or a workout, having a plan can help you feel prepared and allow everyone to participate openly

Be Accountable

Hold yourself and your team accountable for time and mistakes. This will help keep you on track toward your goals!

Have Fun!

Collaboration should be fun! So make sure you encourage your teammates to take a breath and let loose from time to time. Find fun activities to do together that everyone will love!

WANT MORE?

- **SECRETS OF GREAT TEAMWORK**
 - [HTTPS://HBR.ORG/2016/06/THE-SECRETS-OF-GREAT-TEAMWORK](https://hbr.org/2016/06/the-secrets-of-great-teamwork)
- **WORKING OUT TOGETHER IS BETTER**
 - [HTTPS://WWW.NM.ORG/HEALTHBEAT/HEALTHY-TIPS/FITNESS/WORKING-OUT-TOGETHER-IS-BETTER](https://www.nm.org/healthbeat/healthy-tips/fitness/working-out-together-is-better)

