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## Teamwork & Leadership CANYONING

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\* Required

**Name: \***

**Describe the task \***

In detail, what was the aim of the task? How many teams? What was the team dynamic? Timings? Rules & restrictions?

**What was your role in the team? \***

What did you do? How did you contribute? Leader or teamworker?

I was a leader by guiding the group and being at the front. I was more task orientated. I sometimes called out to check if we had everyone. I also was a teamworker when we had to alternate the leadership role.

### How did you perform as an individual? \*

For the M & D criteria make comparisons with other individual performances in your team and relate to theory.

I think that I was a task orientated leader. I think that the task is more suited to this type because it was one big group and you had to get going. I sometimes asked if all was okay. I felt that I could improve on communication skills such as speaking more frequently.

### How did you perform as a team? \*

For the M & D criteria make comparisons with other team performances and relate to theory.

I felt that the team got on with the task well and there was no major mishaps. The group cohesion was maintained in the sense that no one lagged behind. The team was motivated to achieve their task. I was pleased with the team performance.

### What were your strengths? \*

Communication, problem solving, time management, supporting others, physical abilities, confidence, motivation, resolving conflict, praise, questioning, body language, listening, awareness, creativity etc

My strengths were that I am a confident person. I can learn quickly. I could grasp the helm of leadership when required. I am good at supporting others by following orders and directives precisely. I am very good at listening. I am very kind, compassionate and polite. When I am given a task, I do try my best to complete it.

### What were your weaknesses? \*

Communication, problem solving, time management, supporting others, physical abilities, confidence, motivation, resolving conflict, praise, questioning, body language, listening,

awareness, creativity etc

My weaknesses were that I sometimes say very little and remain quiet. When I negotiated, I sometimes could give in too easily. I could also sometimes be impatient but I do not show it at all.

### How could you improve for next time? \*

Make future recommendations for yourself, your team and other individuals / teams.

I think I could be more assertive and communicative.  
I think that I can improve on time management.  
I think I could improve on more concentration sometimes  
I think I could improve initiative taking.  
I think that the team should have had more open communication  
eg: more checks in where people were to ensure that everyone was ok.

### Was there any conflict in the group? \*

If yes, describe why and how was it resolved? If no, what did the leader do to ensure this was the case?

There was no conflict in the team. The team worked well and there were no problem. There was no issue to argue about and the team just concentrated on climbing.

### How else could you use relevant theory to analyse the overall performance today? \*

Leadership styles, Belbin, Tuckman, Adair, Honey, Margerison & Mccann, Woodcock,

I think Belbin leadership style would be the one that describe my performance as a leader in this task. In Belbin theory, I think of myself as the monitor-evaluator because I am strategic and sensible. In summary, I am task oriented as our goal was to climb for the top.

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