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Teamwork & Leadership HUMAN KNOT

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* Required

Name: *

Henry Callaghan

Describe the task *

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

The aim of the task was to form a human knot then try to untangle the knot. There was only one team. I felt that they participated well in the exercise. There was no time limit. The rule was that the members of the team could not let go of each others hands.

What was your role in the team? *

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

I was a team member. There was no designated leader. Everyone had to work together as a team. I had contributed by suggesting ideas to other team members.

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 felt that I performed very well under the circumstances. Other team members cooperated to the task very well. I was motivated and fully engaged in the task. I felt that I worked toward Adair style leadership module.

How did you perform as a team? *

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

The team was well organized in order to achieve the task. There was no conflict in the team. I felt that team performance was excellent and all the team member had succeeded in untangling the knot.

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 listening skills and supporting other team members to complete the task. I was able to listen and focus. I was also well motivated as the activity was fun and I treasured the opportunity to broaden my horizon about leadership and teamwork activity.

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 sometimes I remained very passive and sometimes I may not speak up. I also didn't speak up during discussion at school much. I also felt that I need to give more ideas to the group. I felt that another of my weakness was that I could give in too easily. I should be more assertive.

How could you improve for next time?*

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

My future recommendation is that it should more challenging and more teams. There should more restrictions and there could be more people who could see but not speak or speak but not move. I felt that there are not much recommendations for improvements.

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 group.

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

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

The overall performance was related to Adair because everyone contributed what they had learned thus fulfilling the Adair individual criteria. We also worked to produce ideas and ways to untangle the human knot. This meant that we fulfilled the Adair team role. Finally we agreed on the the strategies that we were going to use. This fulfills the last Adair criteria of task as a team.

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