



SYP Tool: Show Respect

Title: Know Thyself

Objective: Participants will identify the unique value they bring to the team

Setup: We all bring something different to the team. The group is a diverse because each team member brings different experiences, passion, culture, education, etc. to the team. Every person deserves respect. This activity will help us to identify things that are important to us and we would like to have respected.

Activity: Have each participant identify three things about themselves that are important to them. Some examples might fall in the following categories:

- Intellectual – your sense of humor, your problem solving ability, your education
- Social – your ability to build rapport, your family, your social network
- Emotional – your temperament, your ability to sympathize/empathize, your self-control
- Life experiences – previous work situations

Debrief:

- Have each participant share their thoughts with a partner. Have each partner ask questions to find out more about each item.
- Why do people sometimes find it hard to share these things about themselves?