

Overcoming Obstacles: The Essential Elements of Resilient Teams

GoSkills online course syllabus

Skill level

Beginner

Lessons

20

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

56m

Estimated study time

1h 1m

Instructor

Robyn Benincasa

Introduction

1 Winning as one

The 8 Essential Elements

2 Lessons from Adventure Racing

Adventure racing is a team sport that requires total collaboration to get to the finish line.

Total Commitment to Finish

3 The four Ps of commitment

Total commitment is essential for strong teams.

4 Commitment starts when the fun stops

Just like any sport, there is a point where things get hard.

Empathy and Awareness

5 Working for people, not companies

Empathy and awareness are the key to any great relationship.

Adversity Management

- 6** **Don't focus on failure**
Adversity and failure are inevitable at some point or another -- and keeping teams motivated through adversity is the key to progress.
- 7** **It's time to get creative**
Grit and innovation are intrinsically linked.
- 8** **You can always learn something new**
Great leaders adopt a growth mentality and always find ways to pivot in times of adversity.
- 9** **Progress, not perfection**
Perfection will never be attainable -- but you can always do the best with what you have, in that moment.
- 10** **Suffering is optional**
Sometimes, even the best teams get knocked down.

Mutual Respect

- 11** **The Aluminum Can Theory**
Mutual respect is the basis for all strong teams.
- 12** **Act like a team**
Feeling like a team and acting like a team are two different things.
- 13** **Give respect as a gift, not a grade**
Respect is an essential element of resilience because it allows others to make mistakes.
- 14** **Believe beyond reason**
Great team builders believe in their teammates beyond reason.

We Thinking vs. Me Thinking

- 15** **If you want to go far, go together**
"We" thinkers look around and see teammates everywhere.

16 Suffer equally
Great teammates work together -- it's not always about individual accountability and responsibility.

Ownership of the Project

17 Lead with others' strengths
Good teams take ownership -- great teams take strategic ownership.

Relinquishing the Ego

18 Performance ahead of pride
You need to leave your ego at the start line because it's always the heaviest thing in your pack.

Kinetic Leadership

19 The 6 styles of leadership
Kinetic leadership constantly flows and changes and allows you to lead as the situation dictates.

Conclusion

20 The many adventures ahead

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