

ADAPT

Cooperating



Cooperating is one of the Adapt style behaviors in the Sphere of Influence 360°.

Do you prefer to chart your own course? Sometimes, it is better to let go of your own ideas and solutions to achieve results together; by cooperating, you can develop a plan that everyone agrees on. In this exercise, you can learn how to let go of your ideas and assess ways to contribute constructively.



“If everyone is moving forward together, then success takes care of itself.”

- Henry Ford

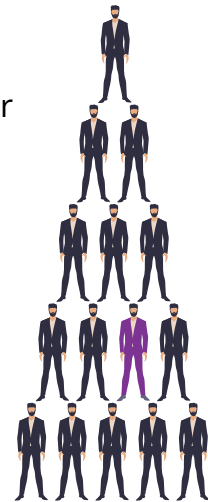
Exercise 2: Greater good

Consider how you might contribute to the collective output of your group or team.

First, we ask you to reflect on any successful contributions that you have made in the past. What were they? Write them down in the left column of the table below.

Now consider how you might contribute to the greater good at this moment. Do your past actions provide any clues? Write these contributions down in the right column below.

Good luck implementing these contributions!



Successful contributions I have made/can make in the:		
	Past	Present
		
		
		
		
		
		

Evaluation:

How did your attempt to cooperate work out?



1



2



3



4



5

What did you learn? What insights did you gain?

What went well? What would you repeat?

What can you do to improve your performance?

What is your next step?