

BA Business Management

Introducing the modern workplace

Lecturer: Dudley Ofori

Student: Antoaneta Andreeva-Metodieva

Student number: 2215257

Assignment 2

Task 2

Contents

Breaking the introvert trait and performing successfully in teamwork..... 3

 Description 3

 Feelings 3

 Evaluation..... 3

 Action 4

 Conclusion..... 4

 References 5

Breaking the introvert trait and performing successfully in teamwork

Description

Being a university student has brought many new things into my life. Having spent the last few years away from professional life, raising children and looking after my family, becoming a student made me face several challenges. Having to reprogram my brain and tune in to learning frequency as well as meeting and having to communicate with new people has taken me through different emotions – both positive and negative. Being an introvert has not made this transition too easy for me. Furthermore, having very little previous knowledge of the topics concerned with my chosen course has also somewhat affected my self-esteem over the first two terms of study.

On the positive side, the successful completion of these terms and the time spent in class, finding common topics for casual conversations with some classmates, have reassured me and made me feel at ease within this environment. I have earned some confidence and happily participate in discussions during lectures.

However, there is an aspect of my course that I am still to overcome – group/ team projects. Previous participation in group lecturer has not been of much aid as most teams were made by the module lecturer, and work was completed without much communication and coordination between team members. Therefore, further group assignments are still a source of worry for me.

Using Gibbs' reflective model (Rana, 2008) I will analyse and reflect on my experience in joining a new team and working together towards completion of a group assignment.

Feelings

Being an introvert, I still face a barrier in approaching most of my colleagues, having trouble engaging in small talk with people and having to rehearse conversations with people before having them.

Nearing the end of year one of the course, most of my colleagues are part of established groups formed either by common interests, nationality or previous team assignments and are likely to continue working together. Not being part of such a group has made me anxious regarding the upcoming Modern Workplace assignment. The feeling of being left out and not having people to work with, along with my inability to socialise with others made me wonder how I will complete this task. However, as there was no option of working on my own, I gathered the strength to ask colleagues if I could join their teams. Whilst some rejected me, I discovered that I am not alone in this situation and there are other colleagues looking to join a team. The feeling of despair dissolved and suddenly I was given the option to choose between teams giving me much-needed reassurance and a feeling of power. I was no longer a loner with no team!

Having considered my options, I chose to be in a team with colleagues of my nationality believing that speaking the same language would make communication easier. Having a common task made it easier to communicate with my colleagues. Following a discussion, members were assigned their respective tasks and work began. I did have some doubts about whether my opinion would be taken into account or whether my part of the work would match my fellow team members' knowledge. Low self-esteem is a wicked part of being an introvert and can make a person underestimate their abilities. To my relief, all members produced work of similar quality giving me a sense of relief. I was happy to be able to actively participate in the final correction and formatting of our presentation.

Evaluation

Looking back at the situation I realise how groundless my fears were. The problems I faced in completing this task were not related to the task itself, nor to being unable to successfully participate in a team. All negative feelings were caused by my personality, overthinking and feelings of insecurity

when communicating with others. Upon evaluating the situation, I found that having a common goal and knowing my role in the group made it easier for me to take an active part and leave my worries behind. Speaking up was essential to the successful completion of the task and I found courage to share my opinion.

Following this experience, I can see the benefits of being “forced to work in a team” and realise that overcoming my fears is not as hard as I believed it to be. Having a common goal/ topic to discuss was the key to breaking my negative traits and opening up to my team. I realise the importance of being able to fit in within the environment I am in either in an academic or work setting. Teamwork is a path to giving and receiving knowledge, aids in timekeeping, knowing that failing to adhere to a deadline would affect more than oneself. Being able to delegate tasks and helping team members struggling with completing their part of the work, the feeling of cohesion and inclusion.

Being part of my team has benefitted not only my academic performance but my social one as well. It has given me the confidence to approach colleagues whom I felt reluctant to talk to in the past.

Action

Since the start of this course, I have become more and more aware of how unhealthy my reluctance to approaching others is. Being put in situations where I need to collaborate with people in order to complete tasks has caused me a fair amount of discomfort and insecurity. However, being part of a team has shown me that the benefits outweigh my concerns. Having the opportunity to share my insights and listening to peers’ opinions has been beneficial to the successful completion of our given task. More so, it has given me the confidence to participate actively and the desire to one day become a team leader.

Conclusion

In conclusion, I can say that I have learned how important it is to give people credit of trust and approach them without prejudice. Despite one’s fears and drawbacks, chances are that peers are more likely to respond with an attitude they have been approached with. Teamwork is an important part of life, both professionally and casually and mastering the skill to find a comfortable place in a group is a foundation for a successful life. Overcoming my fears, despite the hardships, has paid off by bringing me closer to my colleagues and making me feel comfortable in my academic environment. I endeavour to continue improving myself in this aspect until I reach a stage where I can freely and comfortably express myself.

References

Rana, D., Upton, D. (2008). Psychology for Nurses. United Kingdom: Pearson Education.