

ASSIGNMENT TASK 2

Research posters are visual aids that are used to present a study. It is a popular way to showcase research work in conferences and the academe. Information is presented concisely and in a visually appealing manner to attract attention and spark discussion.

INTRODUCTION

The idea that "life is a team sport" highlights how much we depend on others as we progress through different stages of life. Whatever the circumstances, whether we are learning new skills or working toward shared goals, it shows that we can achieve more when we support one another as a team.



METHODOLOGY

To understand whether life truly works as a team sport, we need to explore and connect information through research or even by testing ideas ourselves. Working together means colleagues should support one another by communicating, sharing ideas, and collaborating effectively. With this in mind, I created a mind map to clearly show the points I am explaining.

OBJECTIVE

TO UNDERSTAND HOW AND WHY TEAMWORK IS SO IMPORTANT,
WE NEED TO EXPLORE THE WAYS IT HELPS US WORK TOWARD
SHARED OBJECTIVES AND ACHIEVE COMMON GOALS
ALONGSIDE OTHERS.

METHODOLOGY

Describe how you've conducted your research. What is the strategy of the team? What methods were used? Were there any special technology applied?

RESULTS

From my research, I discovered that teamwork is a powerful way to build trust, form connections, and meet people you might never have interacted with otherwise. It also helps you learn from others and grow in new ways. Overall, I'm glad I explored the idea of teamwork because it taught me things I didn't know before and helped me understand its importance more deeply.



ANALYSIS

In a regular research paper, the analysis section is one of the longest parts as it builds on the information that supports the objective and thesis. With a research poster, you can trim down the analysis to the most important parts. Use bullets to emphasise points. Include key graphs, tables, graphics and other images that support the study and show a visual analysis of the data.

Life is a Team Sport 🏆

Leadership and Followership

The act of guiding and inspiring a group toward a common goal

- Good member
- Good leader

Communication

Process of exchanging information, ideas, or feelings between people through a common system of symbol

- Active listening
- Resolving conflicts peacefully

Respect

Positive feeling of esteem or deference for a person or thing, involving admiration for their qualities

- Treating others fairly
- Building positive relationships

Empathy

Understanding others' feelings and perspectives

- Enhances communication
- Boosts morale and engagement

Trust

the foundation for effective collaboration, communication, and innovation, built through consistent actions like open communication, transparency

- Transparency
- Helps to connect
- Communicate openly and honestly

Diversity & Inclusion

The representation of different people, while inclusion is the active process of ensuring everyone has an equal opportunity to participate and succeed.

- Using diversity as a strength in problem solving
- Valuing different backgrounds and perspectives.

Shared Vision & Purpose

Create a clear, compelling picture of the future that aligns everyone toward a common goal

- Aligning on common goals and values
- Staying focused on the bigger picture

Feedback & Reflection

fostering open communication, building trust, and improving performance by identifying strengths and areas for growth

- Giving and receiving constructive
- Using feedback

Roles and Responsibilities

Defined by the specific tasks, duties and expectations assigned to each member to achieve a common goal

- Accountability

Teamwork & Cooperation

Involves a group of people using their skills and efforts to achieve a common goal through collaboration, communication, and mutual support

- Define roles
- Supporting and motivating

Life Lesson

Teams teach you to support each other, share responsibility and work toward a common goal.

- Unity build strength
- Success comes from collaboration

Managing Emotion

Key strategies include active listening, staying calm during conflict, recognising non-verbal cues, and offering reassurance and empathy to create a more productive

- Socialisation
- Motivation

Resilience & Adaptability

Instead of relying on a single strong individual, team resilience is a collective, shared responsibility where members support each other.

- Adjust to change as a team
- Bouncing back from set backs together

Growth & Learning

Creating a culture of psychological safety where mistakes are viewed as learning opportunities, and by implementing specific strategies like open communication, continuous feedback, celebrating progress, and providing accessible resources

- Learning from each other
- Encouraging continuous improvement