

The Power of
Teamwork
Discipline & Attitude

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تمامي انسان‌ها در هر گروه و جامعه‌اي با توجه به توانايي‌ها و شرايط حاكم، با همكاري يكديگر به بقاي خود و ديگران كمك كرده‌اند. هرچه فرد در برقراري ارتباط در جامعه با ديگران موفق‌تر عمل كند و در واقع هوش اجتماعي بالاتري داشته باشد، زندگي بهتر و راحت‌تري را تجربه خواهد كرد.

یادگیری تکنیک‌های همکاری
و برقراری ارتباط با
دیگران یکی از ضروریات
مهم در زندگی هر فردی
محسوب می‌شود

Definition

The process of working
Collaboratively with a group
of people
in order to achieve a goal.

T



E



A



M



T- together

E- everyone

A- achieves

M- more

Benefits of Teamwork

- Problems solving**
- Accomplish tasks faster**
- Healthy competition**
- Developing Relationships**
- Everyone has unique qualities**

فواید کار گروهی

سرعت بخشیدن به کار
افزایش عملکرد کارمندان
ایجاد اعتماد و ارتباط
آموختن از دیگران
تمرکز بر هدف اصلی
کاهش استرس
بهره بردن از دیگران

داشتن ارزشهای مشترک

The Blue Angels Build every show
around a center point..
And build their team around shared
values.

بدون داشتن ارزشهای مشترک

رسیدن و دستیابی به نقطه اوج و والا امکان
پذیر نخواهد بود.

ارزشهای مشترک

Team Values build a sense of unity and establish a bound among team members that can not be broken even in most difficult times.

Shared Values Serve to build an Effective Team.

Establish its Culture, Rules and Policies.

TRUST

**Accountability, Integrity, Respect
and Commitment are notable
values shared by every person on
the Blue Angels Team.**

These traits Provide a Foundation
for the most Important Value of all-

TRUST

ارزشهای تیم باید با اهداف؛ رسالت و عمل
منطبق باشد.

Put Team First

**Sacrificing individual gain for the
team's greater good is the price of
admission members must pay... and
keep paying ... to be on the team.**

**Put Team First is a 24/7
Commitment.....**

**Teamwork Is not a part-
time activity**

**Each member represent
the Team at all times**

Walk the talk.

**Effective leaders are upfront
and lead by positive example.**

**Regardless of title, the role of a
leader carries great honor and
responsibility**

Communicate- Vertically and Horizontally

Each member on the team requires clear and effective communication to accomplish their job.

Positive and honest feedback build trust and keeps the team on task

Communicate- Vertically and Horizontally

Information conveyed in a clear and timely fashion

Empowers a team to perform at every level.

Cross Train and Rotate

**Cross Training increases efficiency
and makes each person more
productive and valuable to the team.**

**Each member has a role in
the team's success.**

Cross Train and Rotate

**With clear goals and qualified people
in place, Teams are positioned to
benefit from the power of
TEAMWORK.**

**While it's difficult to replace valued
team members,**

**Ensuring the team's success means
having qualified people in place- at
all times.**

**Teamwork requires training,
practice and trust....**

**Each member counts on
one another to perform.**

**To create positive synergy, teams must
have the right people in the right place-
all focused on achieving a common
goal.**

Capitalize on Synergy

**Making the team means
doing what it takes to fulfill
the mission.**

Clarify Procedures

**Each member must know procedures...
and follow a detailed script.**

**Each member of the team knows that
failure is not an option.**

**Every situation requires a proper
respond**

Foster Positive Attitude

Each team member is responsible to one another for staying upbeat and positive.

A can-do attitude makes the impossible, possible.

Prepare to Win

**Preparing to Win requires dedication,
hard work and training.**


**It also required visualization –
Seeing yourself and your team on top.**

**Visualize yourself
Accomplishing the task at
hand**

Attitude = Altitude

Strive for Perfection.

**By confronting our failures,
we come close to reaching
Perfection.**

A stack of several colorful sticky notes in shades of yellow, orange, pink, and purple. The topmost note is yellow and features the text 'ATTITUDE IS EVERYTHING' in a bold, black, hand-drawn font. Below this, a smaller line of text reads 'The state of your life is nothing more than a reflection of your state of mind - Dr. Wayne Dyer'. The sticky notes are layered and slightly offset, creating a sense of depth.

ATTITUDE IS EVERYTHING

The state of your life is nothing more than a reflection
of your state of mind - Dr. Wayne Dyer

Rules for Staying positive

- **Wait to Worry**
- **Keep an attitude of Gratitude**
- **Your Health is Your wealth**
- **The Serious Benefits of Belly Laughs**
- **Losing The fight? Write**
- **Learn to Say “NO” Graciously**
- **Understand the power of Discipline**
- **Surround Yourself With Positive People**
- **Joy Boomerangs**

Wait to Worry

**How simple it is to see that all
the worry in the world can not
control the Future.**

**How simple it is to see that
We can only be happy now.**

**And that there will never be a
time when it is not now**

Wait to Worry

Yesterday is gone

Tomorrow is not here

Today is present

Present = Gift

Keep an attitude of Gratitude

Count your blessings.

Write them down

**Feeling gratitude and not
expressing it is like wrapping a
gift and not giving it.**

Your Health is Your wealth

**“It is health that is real Wealth
not pieces of gold and silver.”**

Mahatma Gandhi

**If you lose your health, you
lose everything.**

The Serious Benefits of Belly Laughs

Laughter is the shock absorber

That eases the blows of life.

People with heart disease were

40% less likely to laugh in

humorous situations than those

with healthy hearts.

Losing The fight? Write

**Don't edit your thoughts, just
capture them.**

**Feeling down or lost? Grab
a pen and some paper and
pull back onto the road to
Happiness.**

Learn to Say “NO” Graciously

A pint can't hold a quarter.

If it holds a pint

**it is doing all that can be
expected.**

Surround Yourself With Positive People

Ever worked with a grouch?

Nothing is right.

They don't like people

**They don't like the way things are
done.**

**They think they could do things so
much better if they were in charge.**

Surround Yourself With Positive People

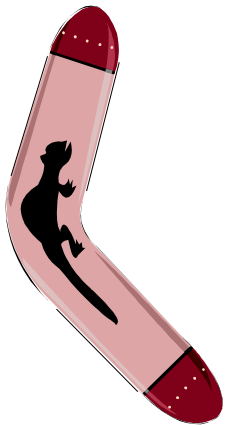
To love and be loved
is to feel the sun
from both side.



Joy Boomerangs

**Happiness is a byproduct of living
Generously**

**Do unto others as you would like to
have done unto you.**



**Apparently the good you do
BOOMERANGS
and comes back to you**

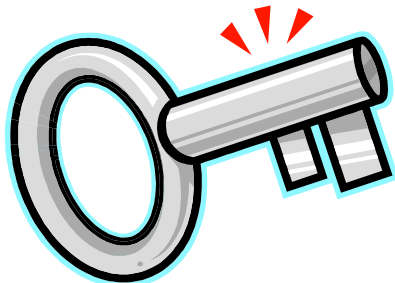
The Power of Discipline

Why are some people more Successful than others?

A Simple Answer ...

Self-Discipline

Self-Discipline is The Key to Personal Greatness.



The Power of Discipline

Here are 7 ways the
Power of Discipline can
Change your Life

The Power of Discipline

- **Self Discipline and Goals**
- **Self Discipline and Characters**
- **Self Discipline and Time Management**
- **Self Discipline and Personal health**
- **Self Discipline and Money**
- **Self Discipline and Courage**
- **Self Discipline and Responsibility**

Self Discipline and Goals

Self-Discipline can help you Achieve your Goals

Your ability to discipline yourself to set clear goals. And then to work toward them everyday, will do more to guarantee your success than any other single factor.

Self- Discipline and Characters

**It takes Considerable willpower to
“Do the Right thing” in every situation.**

**But the End result is a Sense of
increased**

Self-worth & Self- Esteem.

Self- Discipline and Characters

**The development of character
is the great business of life.**

**Your ability to develop
a reputation as a person
of character and honor, is the
highest achievement of
social life.**

Self Discipline and Time Management

There is perhaps no area of your life where self discipline is more important than in the way you manage your time.

Time management is a core discipline that largely determines the quality of your life.

The Fact is that you cannot save time. You can only Spend it Differently.

**Always ask yourself
“Is this the best use of my TIME”?**

Self Discipline and Personal health

**It Requires Lifelong Discipline on the
“Ps” of Excellent Health.**

- Proper WEIGHT**
- Proper DIET**
- Proper EXERCISE**
- Proper REST**
- Proper Attitude**

Self Discipline and Personal health

More people are living longer better today than ever in human history, and your goal should be to be one of them.

The Key to perfect health can be summarized in five words:

“Eat less and exercise more.”

Self Discipline and Money

**Self Discipline Can help you Never worry
about Money again.**

**The primary reason for financial
problems in life is lack of
self-discipline, self- mastery, and self
control.**

**Self Control throughout your life will
Enable you to Reach all your Financial
Goals.**

Self Discipline and Money

According to insurance industry statistics,
of one hundred people who start at age
21, by age 65, one will be rich,
4 will be financially independent,
15 will have some money put aside,
and the other 80 will still be working,
broke, dependent upon pensions or
dead.

Self Discipline and Courage

**Self Discipline can help you Deal
Courageously with the Fear in your Life**

**The fact is that everyone is afraid,
and usually of many things.**

**This is normal and natural. Often
fear is necessary to preserve life,
prevent injury and guard against
financial mistakes.**

Self Discipline and Courage

If everyone is afraid, what is the difference between the Brave person and the Coward?

**The only difference is that the Brave person discipline himself to confront the fear, Deal with fear, and to act in spite of fear.
The Coward allows himself to be dominated and controlled by the fear.**

Self Discipline and Courage

No one is born with Fear.

It can be Unlearned by
Practicing Self-Discipline
over and over again.

Self Discipline and Responsibility

Your ability and willingness to discipline yourself to accept personal responsibility for your life is essential to happiness, health, success, achievement and personal leadership.

Accepting responsibility is one of the hardest of all discipline, but without it, success is IMPOSSIBLE.

Self Discipline and Responsibility

**Self-Discipline can help you Accept
Personal Responsibility for your life**

**When you Accept Responsibility
and take Control of Your thoughts
and feelings, you become more
Effective, Happy and Positive Person
in everything you do**

So Remember

The Difference in Success and Failure
is not

CHANCE

But

CHOICE

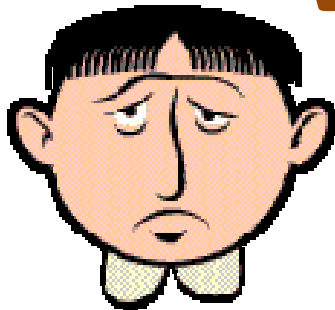
**To Develop Self-Discipline
You Must**

Choose to Do

What You Should Do:

When You Should Do it

**Whether you feel like it
Or Not.**



With The Power of Discipline

**You Hold
The Key To
Your
Success**



لازمه رهایی از جهل و رسیدن به
معرفت دانائی ست

لازمه دانائی کسب علم و آگاهی
ست

لازمه کسب علم و آگاهی پرسش
است

از این روست که زیاد می پرسم
تا از نادانسته هایم بکاهم و به
دانسته هایم بیافزایم

Q & A