A team that works well together excels in two areas: communication and collaboration. To achieve the lofty goals we have as an institution, we must all work together. We can start by working together on our immediate teams. Research shows that speaking to each other face to face is a predictor of success. How often does your team communicate face to face? The next time you are writing an email to your colleagues, consider getting up and having the conversation in person. You will be building your team when you do so. Beyond talking in person, team building can take on a variety of approaches. How do you know which one is right for your team? Consider the following calls to action as a place to start.

CALL TO ACTION:
Here are some things you can do right now to improve your team:
1. Ask for feedback from your peers on your performance; act on that feedback.
2. Ask your colleagues to lunch or coffee to get to know each other better.
3. Have a meeting off site or away from the usual office rooms to spur on innovation.

KEEP ON LEARNING
In the words of Henry Ford, “if everyone is moving forward together, then success takes care of itself.” To learn more about how to move forward together with your team:
► Watch this TED Talk: Build a Tower, Build a Team.
► Contact L&D at learndev@uab.edu for more information about our Team Development Services.
► Join the L&D Workshop, DISC — Understanding Your Behavioral Style, on July 17.