

# The importance of teamwork and collaboration

[Business](#)



“ Alone we can do so little; together we can do so much.” -- Helen Keller

I was so inspired by the clip I saw of the Men's Triathlon World Series this week.

Two brothers were coming down the final stretch to the finish line when one almost collapsed from heat exhaustion.

What happened next inspired this 5 Minute Friday on .

It's something I think about a lot and has proved true in my life again and again.

Even if you feel solid on your own right now, there's a message for you here in Episode 384.

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*30. He has been featured in The New York Times, People, Men'sHealth, The Today Show and other major media outlets.*