

Team builders



Synergy is teamwork. Wikipedia (2006) defines synergy as, “ the phenomenon in which two or more discrete influences or agents acting together create an effect greater than that predicted by knowing only the separate effects of the individual agents.” It is wise to work together in order to be productive and efficient. Especially in the health care setting where you are caring for others, synergy is crucial as each member of the staff, or team, works together to face challenges that are a huge part of the health care industry.

It is clear that working as a team keeps everyone focused on the mission, purpose, and task at hand. Synergy (2001) reports, “ If one studies highly effective groups, one finds that the most successful groups over the long haul tend to address both the technical needs and human needs. These groups are at the same time competent in the work they perform and highly functional in their interpersonal relationships...factors that emerge about successful teams (are) camaraderie, fellowship, and loyalty.”

Team builders provide motivation in the health care setting. Motivation is extremely important in all areas of life especially the workplace. Without motivation there is no desire or drive to do anything. “ Needs” such as sustenance, safety, security, belonging, recognition, and a sense of growth and achievement are motivators, or drivers, which leads us to behave and act in a certain way. (Synergy, 2001.)

Last Name 2

Motivation is particularly important in the health care setting because health care providers and staff are caring for those who are facing with health problems and issues. Having health-related problems causes one to be

<https://assignbuster.com/team-builders/>

fearful, stressed, overwhelmed, and discouraged. Health issues not only affect a person's (and their loved ones) physical, mental, and spiritual status but also their finances, daily responsibilities and schedules, etc. Working in the health care industry can be discouraging and a negative setting for all. Employers must see that their staff members work as a team (synergy) in order to stay motivated as their level of motivation, teamwork, quality of work affects the motivation and physical, mental, and spiritual levels of their patients in the setting.

Many health care providers and settings provide motivation via a professional working environment, music therapy, counseling, mentors, etc. Those who enter the health care industry usually do so in order to help others. People who do so usually are motivated by their desire to make a difference in the world. It is often easy for those who care for others to lose motivation as giving to others, particularly those who are ill with financial burdens and other concerns, as giving so much of to others can be extremely draining. Teamwork can help all to take responsibility for their motivation. This allows the team to be resilient when issues such as change, stress, disruption, discouragement, difficulty, etc. arise. The American Heritage® Dictionary of the English Language (2000) defines resilience as “The ability to recover quickly from illness, change, or misfortune; buoyancy; the property of a material that enables it to resume its original shape or position after being bent, stretched, or compressed; elasticity.”

The health care industry is a very challenging field. Life is very challenging. One cannot make it alone. We all need others (our team) to help keep us motivated and to make it through

Last Name 3

<https://assignbuster.com/team-builders/>

especially when it comes to our work/responsibilities. Team builders can provide motivation for not only their staff members but for those whom they provide care.

References

Synergy (2001). The Value of Team Work. 13 August 2006. .

The American Heritage® Dictionary of the English Language (2000). Boston, MA: Houghton Mifflin Company. 13 August 2006. .

Wikipedia (2006). 13 August 2006. .