

Pedalling on

Articulation of a problem

One problem I identified this week was my lack of communication with my team. I feel as though I didn't really talk enough with my team about decisions I was making or thoughts I was having.

Analysis of that problem

I feel as though this could've been because I didn't feel comfortable enough to speak up, which is often the case when working with a new group of people. In an article written by Robert Kelly (1988) I read that an effective follower/someone in a team is a person who is actively engaged in conversations. This means that having confidence to discuss decisions and voice your opinions are essential to the overall success of the team.

Formulation and testing of a tentative theory to explain the problem

One theory I hypothesised was familiar in other group projects, where team members are often withdrawn in the first few weeks when it comes to being involved in discussions. The problem I faced with being quiet this week was most likely due to feeling reluctant to ask big questions like I know I have struggled with previously in other group scenarios. I feel as though I can work on this by creating a list of things to bring up before our next group meeting, so I feel more prepared with what I would like to talk about.

Action/deciding whether to act

From this, I hope to be more assertive with asking questions and being more actively involved in our discussions. I do usually consider myself an extrovert, but I think communication is definitely an area I can improve. I will definitely gather my thoughts before going into next week when I meet with my group next.

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