



**LESSON CONTENT TEMPLATE**

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|  <p>Erasmus+</p> | <p>Project funded by: <b>Erasmus+ / Key Action 2 - Cooperation for innovation and the exchange of good practices, Knowledge Alliances.</b></p> |
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## 1. Lesson Document

### Lesson 1. Topic 6: Collaborate with others

#### Participation in a team

A team is “A group of people with a full set of complementary skills required to complete a task, job, or project. Team members (1) operate with a high degree of interdependence, (2) share authority and responsibility for self-management, (3) are accountable for the collective performance, and (4) work toward a common goal and shared rewards(s). A team becomes more than just a collection of people when a strong sense of mutual commitment creates synergy, thus generating performance greater than the sum of the performance of its individual members.”  
(source: Business Dictionary)



Teamwork is one of the keys to success in any work group, whether in a company or in a class. Cooperation and Team working could be defined as the process of working collaboratively with a group of people to achieve a work-related goal.

Once this lesson is completed and approved, learners will be able to:

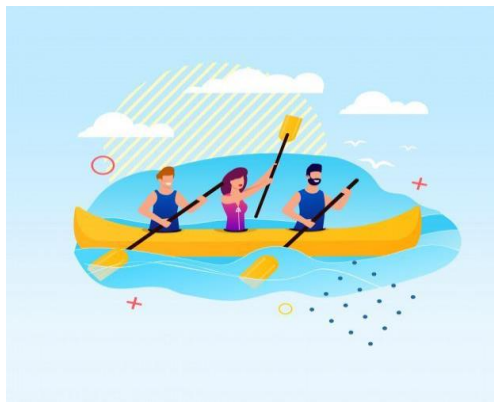
1. Understand the concepts of team and teamwork.
2. Understand the benefit of collaboration.

In this lesson, we will learn why teamwork makes us more effective in the development of tasks.

## 1. Advantages to participate in a team.

In summary, these are some of the most advantages of participating in a team:

- More motivation. The equipment satisfies higher-ranking needs. The members of a team can apply their knowledge and skills. And be recognized for it, developing a feeling of self-efficacy, and belonging to the group.
- Greater commitment. Participating in the analysis and decision-making commits to the team's goals and organisational objectives.



Resource: [Freepick](#)

- More ideas. The synergistic effect that occurs when people work together results in the production of a greater number of ideas, than when a person works alone.
- Greater flexibility. Teamwork can help companies or classrooms to be more flexible. By linking employees or students from different parts of a project to a team, problems or difficulties can sometimes be corrected more easily.
- Greater innovation. Use team participation can help to create a group environment that excels in creativity.
- More creativity. Creativity is stimulated by the combination of the efforts of individuals. This helps to generate new paths for thinking and reflecting on problems, processes and systems.

- Improves communication. Share ideas and points of view with others, in an environment that encourages open and positive communication; contributing to improve the functioning of the organisation.
- Best results. When people work as a team, it is indisputable that the results are improved.

## Conclusion

Companies and training centers are realizing more and more the value of collaboration and looking for ways to foster it among teams, both traditional and virtual.

So, if you want to see your business or classroom prosper and turn the people on your team into productive superheroes, it's time to foster a collaborative spirit among them. The advantages above give you a clear idea of the importance and benefits of encouraging team cooperation.