

Pondering Point

For many of us, the desire to control the details in our life is automatic, and while it's only natural to want be in charge of our own projects, being afraid to relinquish that control can stand in the way of asking for help. When we learn how to ask for help and then see the benefits of doing this, we begin to feel more confident, trusting and comfortable.

Releasing control requires a behavior change and though it may be difficult, the benefits are well worth it.

- ✓ Resource of Ideas – More ideas & more choices
- ✓ Less Stress – Spread the responsibilities around
- ✓ Time Management – Get things done better & maybe even faster
- ✓ Skill Practice – Give yourself the opportunity to use as many different skills as you can, for example
 - Active Listening
 - Leadership
 - Problem Solving
- ✓ Advocacy – Get others to care about the outcome and gain ownership

Sounds easy right? Not always. Are the benefits worth the trouble? Absolutely!

Are you a control freak?

When was the last time you let someone else help out on a something you were working on?

What did you get from that partnership that you couldn't have gotten alone?



Imagine... doing half the work and having it come out twice as good.

— From Pondering to Practice —

Self Reflection Activity

If you have trouble asking for collaboration on your projects, it may be an issue of control. It is common and can definitely be worked through if you take some time to think about it.

Think about the last time you passed up an opportunity to collaborate:

What kept you from giving up control to others?

What concerned you about asking for help?

What was most important to you about the project? Do you think addressing this with the other person would have made it easier for you to reach out?

"Coming together is a beginning, staying together is progress, and working together is success."

- Henry Ford

Activity

In order to take full advantage of all that true teamwork and collaboration can offer, we must first recruit someone else to join us. The key to doing it successfully is to plan it all out and remember to relax.

Try this:

1. **The Ask** – Decide who the right person(s) is to help you with this task. Make sure it is someone you feel comfortable with; someone you feel can help you reach your goal. (This puts your Decision Making skills to the test)
2. **The Plan** – Outlining the goals and intentions that you have in mind for the project will help you maintain a sense of control. Be open to the input of others as their ideas may enrich the outcome of your project. (Now you are exercising Leadership)
3. **The Feedback** – Ask the other person to relay the plan back to you. Be sure they know the plan and understand it. Feeling confident that you're both on the same page with your vision will make you feel more comfortable in proceeding forward. (Are they practicing Active Listening well? Are you?)
4. **The Send Off** – Now it is time to divvy up the tasks involved and share responsibility. Now that you're both on the same page, trade ideas that may make working together run more smoothly (i.e., meeting times and feedback sessions). Bounce creative ideas off one another. Tackle any bumps in the path together. (This is an excellent use of your Problem Solving abilities.)
5. **Remember to Celebrate!** Not only can you reach your goals, you can strengthen your partnership and make the journey more enjoyable. Celebrate the achievement of the tasks along the way; take time to enjoy the benefits of rich conversation and the creativity that teamwork can offer. (You are covering Optimism, Attitude & Relationship Building with this one!)