



How to Help YOUR TEAMMATES

Sometimes we have trouble communicating our needs, or we have difficulty helping a teammate work through their "stuff". A simple, easy and effective way to open up the lines of communication is by using....

SYMPATHY - SUPPORT - SOLUTION



SYMPATHY

Sometimes people just want to know someone is listening to them. Close your mouth, make eye contact, and provide a safe space for your teammate to vent. THAT'S IT.



SUPPORT

Once you have "listened" to your teammate, you can offer your support in the form of...going with them to talk to someone, giving them a hug, checking back in with them after...THAT'S IT



SOLUTION

If your teammate ASKS for your advice or "how you would handle this situation", this is the ONLY time you can offer a suggestion. THAT'S IT

