

Tools for Collaboration

How to Cultivate Healthy Attitudes Toward Frictionless Collaboration

Be the change you wish to see in the world.

- Anonymous

There are collaborative tools that can help us rise above challenging moments, shape a productive attitude, and pursue positive interactions with other people. Frictionless collaboration requires that you commit yourself to using resources that will help move your attitude in a productive direction. When we choose to be transparent and commit to growth, we not only become better collaborators—we become better human beings.

The Troubleshooting tool

The Troubleshooting process is **firstly** a way to **become more aware of those feelings that might “hook” you**, those thoughts that might keep you from pursuing your goals or dreams, and/or any behaviors that might interfere with your ability to experience frictionless collaboration with others.

But **secondly**, it also requires that you **envision helpful actions or resources that will support you as you pursue growth toward effective collaboration.**

So, while **building awareness about pitfalls** helps you become more aware of what *isn't* helping you, the Troubleshooting tool simultaneously invites you to **reflect on what will actually help you to overcome these difficulties.** That combined knowledge will increase the probability that you and your group will be able to build the future that you actually want.

Consider what strategies will help you to overcome your hang-ups, obstacles, and difficulties?

1. Pitfall/Obstacles:

Helpful Strategy:

2. Pitfall/Obstacles:

Helpful Strategy:

3. Pitfall/Obstacles:

Helpful Strategy:



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4. Pitfall/Obstacles:

Helpful Strategy:

5. Pitfall/Obstacles:

Helpful Strategy:

If you struggle to engage with the Troubleshooting process because you find it hard to self-reflect or you get the feedback that you lack self-awareness, several questions can get the ball rolling.

The first two questions can help you identify your pitfalls; the third asks you to identify solutions to overcome those pitfalls, if you need support don't hesitate to brainstorm those solutions as a group:

- Do I ever experience tensions or feelings that steer my behavior in such a way that I create obstacles for myself in achieving my long term goals? *i.e. sabotaging myself by being overly insecure*

- Do I ever get feedback from others who say that I behave inadequately or do something unhelpful? *i.e. I get the feedback that I apologize too often when it's unnecessary*

- Is there anything I can do to mitigate my unhelpful behaviors and overcome them, for the sake of our collaboration? *i.e. I can practice self-affirmation to feel more confident about myself*

When you build awareness about the ways you could potentially go off course, you're motivated and alert about how best to stay *on* course.



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