Team Dynamics

Institutional Affiliation

Student Name

Instructor

Course

Date

**Team Dynamics**

Team dynamics are psychological forces which influence the behavior and performance of the team. There are various factors which contribute to team dynamics. One of them is the commitment of the group members. This is the measure of how each member contributes towards completing a certain task. We also have better communication which also determines how members work together. Better communication enhances exchange of ideas and even support in ensuring the team meets its goal (Collins et al 2019). Another factor is cooperation, whereby team members are expected to collaborate in achieving certain goals. Conflict management also helps in enhancing team cohesion, which in turn improves the positive dynamics of the team.

A team which has positive group dynamics tends to have members who trust each other. This makes it possible to for them to work towards collective decisions and at the same time they become accountable for each and every outcome. This helps in making the group more effective, since each member tries as much as he/she can to impact the team in a positive way. Having people who tend to support each other in attaining specified goals highly enhances the effectiveness of the team. Positive dynamics also encourages creativity since members tend to exchange a lot of ideas in achieving belter outcomes. This in turn increases the productivity of the team (Collins et al 2019).

There are various ways in which I can apply the concept of team dynamics in my professional life. This is through encouraging members within the organization to work together, support each other and also have common goals for better outcomes. This is very important especially when working on complex projects. Having a supporting team makes every task easier, since the whole thing is broken down into portions where different people are expected to work on each portion. In general, I would apply the knowledge when working with other workers, to ensure that various tasks are well handled within the shortest time possible. Enhancing positive team dynamics is very important even when it comes to making various tasks more effective. It also enhances improved outcomes.

References

Collins, C. G., Kozlowski, S. W., Luciano, M. M., & O'Neill, T. A. (2019, July). Explorations of Team Dynamics: Advances in Theory and Methodology. In *Academy of Management Proceedings* (Vol. 2019, No. 1, p. 15775). Briarcliff Manor, NY 10510: Academy of Management.