

## Module 5 Reflection Paper

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Interpersonal Connections in Work

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I wanted to share some of my thoughts about our recent team meeting, where we were discussing the onboarding process. I appreciated the opportunity to work together with my teammates to explore different approaches, particularly our senior colleague's contributions based on her experience.

However, I felt that the communication style during the meeting could be improved. While our senior colleague's critiques were valuable, I think it would be beneficial if we could also receive constructive feedback in a more balanced and respectful manner. This would allow for a more collaborative and inclusive discussion.

In retrospect, I should have spoken up during the meeting to share my thoughts and concerns. Instead, I decided to sit out the discussion. I plan to be more proactive in the future, making sure my voice is heard and contributing to the team's process improvement efforts.

I wanted to share with you a personal reflection I've had recently. When I'm in stressful situations, I often default to the easiest path. This week, I had a meeting with my boss to discuss my goals and ambitions. Specifically, I expressed my desire to improve my communication skills, as I often find myself apologizing excessively when I don't know the answer to a question. I realize this coping mechanism may not be the most effective in the long run, and I believe developing my communication skills can positively impact my personal and professional growth. As an individual in the Human Resources field, I

understand the importance of effective communication in fostering a positive and productive work environment.

Even in rare instances, conflicts can arise when a team leader is in charge. It's critical for leaders to comprehend their part in handling these kinds of disputes. Understanding the connection between leadership and conflict resolution will assist you in seeing possible problems, averting them, or resolving them when necessary. When team members disagree, it's beneficial to strive for a scenario where all sides can come to a mutually beneficial agreement. To boost morale and productivity, you can assist your team in finding methods to collaborate more effectively by mediating disagreements between two or more members. Some of these answers can be applied to the other team members, fortifying the group as they strive toward common objectives.