

SUSTAINABLE TEAMWORK COMPETENCIES

Developing sustainable teamwork competencies requires effort and dedication, but it is well worth the investment. By cultivating these competencies, individuals can become effective team players, contributing to high-performing teams that achieve long-term success.

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Sustainable teamwork competencies are a set of skills, attitudes, and behaviors that enable individuals to work effectively in a team over an extended period, with a focus on achieving long-term success. These competencies are important for teams in any setting, whether it be in the workplace, community, or personal relationships.

Sustainable teamwork competencies go beyond basic teamwork skills such as communication and collaboration to include the ability to adapt to changing circumstances, overcome obstacles, and sustain high performance over time.



- In college and the workplace, students will be expected to work collaboratively with others to complete projects, solve problems, and achieve goals.
- Developing sustainable teamwork competencies in high school can also lead to improved academic performance.
- Collaborative learning environments can help students engage more actively in their learning and develop deeper understanding and critical thinking skills.
- Students who work collaboratively also benefit from the diversity of perspectives and ideas that other students bring to the table, leading to more creative and effective solutions to problems.

KEY COMPETENCIES CONSIDERED ESSENTIAL FOR SUSTAINABLE TEAMWORK



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1. ***Continuous learning and improvement***: This competency involves being committed to ongoing learning and development, seeking feedback, and actively improving skills and knowledge. Team members with this competency are open to learning from others and their own experiences. They are willing to take risks and try new approaches, always striving to be better.
2. ***Flexibility and adaptability***: This competency involves adapting to changing circumstances and working effectively in different environments. Team members with this competency can adjust their approach as needed to achieve goals. They are willing to be flexible and take on different roles to achieve team objectives.
3. ***Initiative and accountability***: This competency involves taking ownership of work, proactively seeking out opportunities to contribute, and taking responsibility for actions. Team members with this competency are self-starters who can work independently and take the initiative to get things done. They are reliable and trustworthy, taking accountability for their work and the work of the team.

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4. Resilience and persistence: This competency involves the ability to overcome setbacks and challenges, staying motivated and focused on achieving goals despite obstacles. Team members with this competency can bounce back from failures and setbacks, maintaining a positive attitude and staying focused on the big picture.

5. Empathy and collaboration: This competency involves valuing and respecting the perspectives of others, actively seeking to understand their viewpoints, and working collaboratively to achieve shared objectives. Team members with this competency are good listeners who can communicate effectively with others. They can build relationships based on trust and mutual respect and can constructively resolve conflicts.