Diary entry 1

I demonstrated my interpersonal skill of supporting and encouraging others to a team member by encouraging them. For example, I called out “Good one SS” and “Go LL, great pass!” I also called out, “Go Mexico” at different points throughout the game.

This impacted on others in my team by motivating them to continue their good work and try their hardest. It also made them feel included, their effort appreciated and them a valued and important member of the team. When I demonstrated my IPS, my team enjoyed the game and worked well together in a safe and happy environment. This set us up for success, and in the end we won our game.

To improve my IPS I can be more specific in my praise e.g. instead of “good kick” I could say “Good kick! That made it great for SS to receive!” This way, my team mates will understand how they specifically have a positive impact on the teams to that they continue to use these good skills to help our team succeed.