

Question of the Week – April 17, 2022



How do labels define you or not?

Probably as far as you can remember even from elementary school, it is almost a guarantee you have heard how some label others. Some labels can be positive while others not so much. From “you are so smart” to “you are a loser,” labels take an all or nothing form based on some personal characteristic and/or behavior. So, if you have a choice to pick a label – what would this be? Arturo Corral

Leader Talking Points

Opportunity: Team-Building Activity

- a. Ask team members for examples of personal labels outside of work.
 - 1) Family Feud: When a family member is a “bully” and is perceived as the “black sheep” of the family.
 - 2) Other.

Discussion Points

- a. Ask your team for examples of labels at work.
 - 1) Achievements: When a team member is thought of as a “go getter” who is not only ambitious but can do no wrong.
 - 2) Other.
- b. Ask your team for ideas on how to discourage negative labels at work.
 - 1) Team Meetings: Share what some might have “heard” about negative labels and the damage this may cause not only to the individual but to the team.
 - 2) Other?

Team Challenge Activity

- a. Ask the team to offer one or two areas where negative labels has been an issue.
 - 1) Example: Identify a situation where a team is challenged by a team member who is careless in name calling and coming up with negative labels for others.
 - 2) Ask for a volunteer to take the lead to work with the manager and team on the selected opportunity and report back to team on next steps.

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