



# *Building Dynamic Teams*

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**My definition of “team” is:**

**Five functions of dynamic teams:**

**1.**

**2.**

**3.**

**4.**

**5.**

## My Communication Style

1.  More likely to lean back when stating opinions  
 More likely to be erect or lean forward when stating opinions
2.  Less use of hands when talking  
 More use of hands when talking
3.  Demonstrates less energy  
 Demonstrates more energy
4.  More controlled body movement  
 More flowing body movement
5.  Less forceful gestures  
 More forceful gestures
6.  Less facial expressiveness  
 More facial expressiveness
7.  Softer voice  
 Louder voice
8.  Appears more serious  
 Appears more fun-loving
9.  More likely to ask questions  
 More likely to make statements
10.  Less inflection in voice  
 More inflection in voice
11.  Less apt to exert pressure for action  
 More apt to exert pressure for action
12.  Less apt to show feelings  
 More apt to show feelings
13.  More tentative when expressing opinions  
 Less tentative when expressing opinions
14.  More task-oriented conversations  
 More people-oriented conversations
15.  Slower to resolve problem-situations  
 Quicker to resolve problem-situations
16.  More oriented towards facts and logic  
 More oriented towards feelings and opinions
17.  Slower-paced  
 Faster-paced
18.  Less likely to use small-talk to tell anecdotes  
 More likely to use small-talk and tell anecdotes

*Total in each column*

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**My communication style is:** \_\_\_\_\_

**How can I adapt my style to communicate more effectively with my team  
and all team members?**

**What will I do this week to help build a more functional team?**