

# UHD Team Month



Work as one team,  
fit for future changes

## Building effective teams - reading list

### Why is building and effective team so important?

Effective teams are more productive, innovative and satisfied in the workplace. They are often more adaptable and resilient too. We all have a role to play in our team's success.

There is so much research and information to help us understand this a bit better, so we encourage you to take a look at some of these links below...

## Something to watch...

[‘How to turn a group of strangers into a team’](#) - Amy Edmondson TED Talk

[‘Teamwork reimaged’](#) - Kevin Cahill TED Talk

[‘What is the difference between a real team and a pseudo team?’](#) - Professor Michael West

[‘Why team objectives are so important’](#) - Professor Michael West

[‘Are you a team player?’](#) - Patrick Lencioni TED Talk



## Something to read...

[‘Effective team working in healthcare’](#) - Professor Michael West

[‘Team working, psychological safety and compassionate leadership’](#) - NHS Employers

[‘Improving teams in healthcare - building effective teams’](#) - Royal College of Physicians



## Books you might want to find...

‘Start with why’ by Simon Sinek

‘Teaming’ by Amy Edmondson



**Supporting UHD teams to thrive**