**5 Essential Teamwork Activities that Enhance Teamwork**

In order for teamwork activities to be effective is requires several activities that are essential for the success of the team. These include:

1. **The ability to help and be helped.**   
   In other words, a team member must know when they need help with and not be afraid to ask for help.
2. **Participation is crucial** because if one team member heads off alone to do their "own thing" the rest of the team is left holding the ball, so-to-speak.
3. In order to be effective as a team, you must **communicate and listen to other team members**; if you like to talk, you need to learn when it is time to listen.
4. Being able to **make suggestions** to other members of the team **and being open to receiving suggestions** is essential for effective teamwork.
5. **Problem-solving skills** when working together on the team is what helps to make the team effective and has better outcomes.

Teams that work together share goals, objectives, and responsibilities. Therefore, these activities get better results than when the workers are left to work individually. The very fact they you may be part of a team, gives you a responsibility to the team to ensure that you keep up your end of the deal.