

Staying Ahead Teammate

Thank you for your eager willingness to commit to build intentional social capital and continually work to develop the 11 key resources. Teammates are people living sustainable lives who would be willing to serve as friends and mentors to those working toward a more sustainable life.

As a teammate, we are expecting you to

- Attend a Bridges Training.
- Turn in the personal assessment form.
- Complete a Young House Background check.
- Attend the Staying Ahead meeting every first Tuesday of month 5:30-7:00 with your graduate.
- Take the incentive, as you become an advocate to break down hurdles.
- Communicate with Teammate Coordinator every two months.

Thoughts on Becoming an Effective Teammate

Creating Relationships with graduates takes extra effort, mostly on the teammate side. The teammate grows alongside the graduate as the relationship challenges each. Below are some things we have learned from current teammates:

- Take the incentive. Then, take the incentive again. Remind your graduate of plans via text.
- Engage in your graduate's life celebrations (birthdays, resource victories, children events).
- Help the graduate work on the resource he/she identifies as the weakest. Then work on the resource you both agree needs some refinement.
- Building trust takes time as the graduate is wondering when the teammate will fade into the background.
- Persist. Guard your feelings when your graduate does not respond. After numerous contacts and much effort over eight weeks, if the relationship is not working, please contact the coordinator.
- Being a teammate is not about you. It is about the graduate. Walking alongside the graduate as they overcome barriers.

Ideas of Activities as you get to know your Graduate

- Take a meal if your graduate is sick.
- During holidays, if the graduate does not have family around, invite over for a meal.
- Go to a free music event in the community.
- Volunteer at a community event together.
- Participate in a class together. Fitness, Finance, Health, Stress reduction, Parenting, etc.
- Attend your graduate's child's activity at school.

Each month

- Attend the Staying Ahead meeting
- Take the incentive in contacting graduate. Do something once a month
- Bi-monthly communicate with Staying Ahead Coordinator

Teammate Assess Map

Name _____ Date _____

Address _____

Cell Phone _____ Email _____

Vocation _____ Marriage Status _____

Biggest Hurdle you have overcome _____

In making a match with a graduate, I would like you to know _____

A Personal Checklist: Likes and Dislikes

Directions: Put a (1) next to any hobbies, interests, or activities that you like. Put a (2) next to any Activity you do not like. Then, put a circle around the 3 things you like to do the most.

- | | |
|------------------------------------------|----------------------------------------|
| _____ Playing sports | _____ Drawing |
| _____ Camping, Hiking | _____ Painting |
| _____ Fishing | _____ Taking care of people |
| _____ Hunting | _____ Babysitting |
| _____ Swimming | _____ Going to church/synagogue/temple |
| _____ Bicycling | _____ Belonging to a club |
| _____ Horseback riding | _____ Collecting things |
| _____ Skiing | _____ Visiting with friends |
| _____ Keeping pets | _____ Sleeping |
| _____ Taking care of animals | _____ Eating |
| _____ Gardening to taking care of plants | _____ Using a computer |
| _____ Farming | _____ Playing Video Games |
| _____ Woodworking | _____ Cooking |
| _____ Beauty and hair care | _____ Sewing |
| _____ Listen to music | _____ Knitting |
| _____ Writing songs, stories, poems | _____ Reading |
| _____ Watching TV or movies | _____ Photography |
| _____ Playing an instrument | _____ Roller Blading |
| _____ Being a leader of a group | _____ Motocross |
| | _____ Working Out/Exercising |

Use this space to add other hobbies and interests you can think of:

A Personal Checklist: Personal Strengths

- | | |
|--------------------------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> I'm reliable (people count on me.) | <input type="checkbox"/> I have a lot of energy. |
| <input type="checkbox"/> I'm friendly. | <input type="checkbox"/> I'm a good listener. |
| <input type="checkbox"/> I am good at many things. | <input type="checkbox"/> I'm polite. |
| <input type="checkbox"/> I try to follow instructions. | <input type="checkbox"/> I'm honest |
| <input type="checkbox"/> I like to do things with others. | <input type="checkbox"/> I'm hard-working. |
| <input type="checkbox"/> I like to do things on my own. | <input type="checkbox"/> I'm usually on time. |
| <input type="checkbox"/> I like to help other people. | <input type="checkbox"/> I'm serious |
| <input type="checkbox"/> I like to keep things neat and organized. | <input type="checkbox"/> I'm generous. |
| <input type="checkbox"/> I like to have a good time. | <input type="checkbox"/> I'm proud of myself. |
| <input type="checkbox"/> I have good common sense. | <input type="checkbox"/> I'm a good friend |
| <input type="checkbox"/> I stick with things until they get done | <input type="checkbox"/> I'm a good student. |
| <input type="checkbox"/> I can work out my problems on my own | <input type="checkbox"/> I'm musical. |
| <input type="checkbox"/> I ask others for help when I need it. | <input type="checkbox"/> I'm artistic |
| <input type="checkbox"/> I can help others work out their problems | <input type="checkbox"/> I'm creative |
| <input type="checkbox"/> I'm good with words | <input type="checkbox"/> I'm good with my hands. |
| <input type="checkbox"/> I'm good at one or two things | <input type="checkbox"/> I'm good at fixing things |

Use this space to write down your other strengths:

A Personal Checklist: Personal Strengths

I'm good at:

- | | |
|------------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Taking care of other people | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Working with other people | <input type="checkbox"/> Teaching friends |
| <input type="checkbox"/> Organizing things | <input type="checkbox"/> Math |
| <input type="checkbox"/> Making changes | <input type="checkbox"/> Babysitting |
| <input type="checkbox"/> Using a computer | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Answering the phone | <input type="checkbox"/> Art |
| <input type="checkbox"/> Woodworking | <input type="checkbox"/> Sports |
| <input type="checkbox"/> House painting | <input type="checkbox"/> Music |
| <input type="checkbox"/> Operating machines or tools | <input type="checkbox"/> Cleaning |
| <input type="checkbox"/> Fixing cars | <input type="checkbox"/> Hairdressing |
| <input type="checkbox"/> Waiting on tables | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Doing yard work | <input type="checkbox"/> Farming |
| <input type="checkbox"/> Goal setting | <input type="checkbox"/> Sewing or knitting |

Use this space to write down your other strengths:
