**M6: A3 Supportive Work Teams**

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|  | **3.   Getting Support**  Pick one of the activities below:  a. Do you have a team or group you work with? Briefly describe your work team and what makes it successful in your eJournal. If you don’t, do you think you would like to build one? Describe how you might go about starting a new wellness type team or support group.  b. Violet Burnham brought up several issues that had to be worked out with her wellness team including: boundaries, confidentiality, personal issues, or limitations that impact services. Do you have any of these challenges in your co-worker relationships? Choose an issue that has been a problem for you and briefly describe in your eJournal how you have tried to resolve it. Or, did you get any new ideas from Violet about how you might resolve issues with co-workers? If so, briefly describe. |