

# TOGETHER EVERYONE, ACHIEVED MORE

Students who are self directed, have proper leadership skills and motivation are more able to solve complex problems. The School of Medicine, Universiti Malaysia Sabah in its effort towards achieving the Malaysian Vision 2020, proposes to hold a team building dynamic as one of the strategies to provide its students an empowering environment to prepare them to be a solid and strong medical team. Strong medical teams that work together are able to achieve the best outcomes for their clients. This 1-day Team building workshop (8 March 2009) for the first year medical students was organized by the Department of Medical Education and Informatics and chaired by AP Dr Chin Suliong, Deputy Dean of Clinical Services.

The objective of this program is to inculcate a strong sense of team work, cooperation, collaboration and camaraderie among the medical students. This workshop was officiated by the Dean, Prof Dr Osman Ali, followed by a welcoming workout conducted by Ms Deena Clare Thomas (the team building coordinator). Various team-building activities such as Mexican wave, poison rope, twinkle-twinkle little star and building blocks were successfully facilitated by the members of the team building committee. The session ended with "motivational reflection" presented by AP Dr Chin Suliong. All participants who attended this workshop were awarded 3 CPD points. Evaluation of this workshop showed that overall the students found the activities fun and beneficial in fostering the spirit of teamwork. In addition the Dean recommended that this workshop be conducted for all SPU students.

