



Getting the Reps with: Olympian Julie Foudy

Me vs We

Key Takeaways

- There's a Me vs We balance. You need that drive to be better individually, but at the end of the day it's the We that has to win out.
- A great team culture is one where everyone agrees that, wherever they fall on the ladder, they are going to help the collective.
- The players on the bench play a very important role and choosing the right people for those last few spots on your team can lead to success.
- You want teammates (or to be the teammate) who have an "All In" mentality and who bring joy to the group.

Things to Think About

- How do you feel about your own balance of Me vs We?
- What is one thing you can remember that a non-starter has done that you think helped the team?

Ways to Practice

- Make a list of things you could do that help the group. Pick a couple you can do each week.
- Choose a "Teammate of the Week" and recognize someone who has shown support or brought joy each week.

