



A4. COLLABORATOR QUOTIENT

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Instructions for learners:

- The purpose of this exercise is to help you reflect on your impact on group dynamics in a recent situation or clinical setting.
- Thoughtful reflection can lead to improvement.
- Focus is not on ‘correct’ score, but to identify ways to improve your ‘collaboration quotient’.
- Be prepared to discuss at next meeting.

Insert your name: _____

Describe your role/responsibilities in this location:

Describe the Rotation/Site/Organization: (include details about when, where, how long, type of service)



A4. COLLABORATOR QUOTIENT (continued)

Collaborator Quotient: Calculate your personal "score"

Do you...	0 No or rarely	1 Occasionally or sometimes	2 Often or mostly	3 Always	Notes or examples
I genuinely appreciate the role and contribution of others.					
I demonstrate a respectful approach — even when things aren't going well or not going as I wish.					
I introduce myself to people.					
I clarify if I don't understand what is being said.					
I develop positive, trusting relationships.					
I work to be aware of the difference between myself/other's 'intention' and myself/other's 'impact'. I work to ensure the impact of my behaviour on others is aligned with my intentions.					
I apologize with ease and sincerity.					
I use both my preferred style to work in teams and flexibly use other styles if it is better suited to the situation.					
I ask for feedback regularly.					
I say please and thank you.					
YOUR TOTAL					

Areas for improvement

Area(s) for improvement over the next three to four weeks?

What will improvement look like?
