Individual Teamwork Challenge – Can you evidence 5 of these?

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| Overall Roles | Belbin Roles | Strengths | Example (with signature) |
| Doing / Acting | Implementer | * Good at putting ideas into action * Gets things done |  |
| Shaper | * Lots of energy and action. * Always full of new ideas |  |
| Completer / Finisher | * Reliably sees through the project to the end * Always checks the details |  |
| Thinking / Problem Solving | Plant | * Solves difficult problems with original and creative ideas |  |
| Monitor / Evaluator | * Sees the big picture * Thinks carefully and accurately about things |  |
| Specialist | * Has expert knowledge in key areas (and can solve problems here) |  |
| People / Feelings | Coordinator | * Respected leader who helps everyone focus on their task |  |
| Team Worker | * Cares for individuals and the team * Good listener and works to resolve problems in the team |  |
| Resource / Investigator | * Explores new ideas and possibilities with energy. * Good at making friends / allies |  |