

## Teamwork Secrets of a Four-Time Olympian Ruben Gonzalez

Ruben trained for years as part of an international team made up of lugers from many different countries.

Even though they competed against each other at World Cup races, European Championships, World Championships and the Olympics, they understood that their best chance was to work together and help each other out during the training week.

This is because they were competing against powerhouse teams from Germany, Italy, Russia, and Austria that would eat their lunch if they didn't work together.

Ruben also shares the story about how after the Berlin Wall came down, the East and West German luge teams, who were bitter rivals made a decision to work together and create an even better team than the sum of its parts. A great story for merging companies or merging segments of a company to hear.

### **Your people will learn:**

- How to create a high-performance team.
- How to develop mutual respect amongst teammates.
- How by focusing on that's best for their team they can be their best.
- How to stop making excuses and start taking responsibility and accountability.
- How to get themselves to focus on exceeding expectations.
- Ruben promises not to say that there is no "I" in TEAM, or tell any other worn out stories like the one about throwing the starfish back into the water.