



**H3ABioNet**

Pan African Bioinformatics Network for H3Africa

Introduction to Bioinformatics course: IBT

**Staff Training**

**Day 1 Part 5**

**What can you bring and  
what can you learn?**



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# What can you bring and what can you learn?

## Why share this information with your team?

We all have skills that we can contribute and share with others, likewise, we all have things that we could improve upon or learn from others.

Sharing makes a team stronger!

# What can you bring and what can you learn?

## Activity (10 minutes) :

1. Take 5 minutes to write down:
  1. 3 things that you are good at/ have experience in and that you can help others with.
  2. 3 things that you would like help/ support with.
2. After 5 minutes, if not already in a circle, move your chairs so that everyone is sitting in one circle.
3. Give each person in the circle an opportunity to share what they wrote down. (Remember your ground rules when listening to others 😊 )
4. Suggestion: write down what each person is willing to help others with and share this document with the staff team to use as a reference for who to ask for help.

# Next

Watch video labeled:  
Day 1 Part 6