

# TEAMWORK IN THE WORKPLACE

4,407 Canadians share their experiences working in teams

**Three-quarters (76%) of respondents indicate they work in a team.**

**Employees aged 55+ are more likely than younger employees to respond positively about their team.**

*When reading the chart below, consider if the differences could be related to life experience, work history, world view, biases, rank, socio-economic status or simply a result of age.*

SURVEY STATEMENT	POSITIVE RESPONSES BY AGE		
	AGE 55+	AGE 35-54	AGE 18-34
My team is free from discrimination.	83%	77%	75%
I am comfortable being myself at work.	75%	67%	65%
I feel comfortable speaking up when I don't agree with team members.	73%	66%	63%
I feel like a valued member of my team.	79%	72%	71%

*Across all statements, responses were 5% to 10% worse for younger Canadians than older Canadians.*



- 63% of respondents from racialized groups (vs. 69% non-racialized) and 63% from marginalized groups (vs. 70% non-marginalized) feel safe speaking up.
- 75% of respondents from racialized groups (vs. 80% non-racialized) and 76% from marginalized groups (vs. 80% non-marginalized) are likely to say they are free from discrimination.

**Team building in today's workplace may be more important than ever.**

**Workplace Strategies for Mental Health has many team building tools including a new *Psychologically Safe Teams Assessment*.**



**FOR MORE INFORMATION, VISIT [MHRC.CA/TEAMWORK](https://mhrc.ca/teamwork)**

*\*The following represents the percentage of respondents who answered that they see this in their workplace "frequently" or "always". Data collected March / April 2023. N=5505. Margin of Error of +/- 1.3% with 95% confidence.*