

Team Building (1 Day)

Course Objectives:

At the end of this team building training course your participants will be able to:

- Appreciate team skills and dynamics
- Identify and develop personal skills to become a more effective team member
- Establish effective team processes
- Improve team communication
- Demonstrate skills that help you to implement effective changes in the workplace

Training course contents:

In developing these Team Building training course materials, we did not attempt to create a 'bonding' session and we did not focus on team building as an 'event' that will leave the participants feeling positive about their work colleagues and sore from climbing trees! Instead, we have taken a pragmatic approach and focused on the actions and understanding we feel is important to help teams appreciate the benefits of a teamwork approach.

Having said this, there are plenty of activities throughout the team building session that will engage and enlighten the participants and ensure they enjoy the experience of learning about what makes effective teams. The Team Building training materials focus on the areas outlined below.

The main content of the training course materials...

Team Health Check – This is delivered initially as pre-course work and forms the basis of the training. It helps participants focus on key areas of development within their teams

Purpose and Direction of the Team – Helping the team develop a clear understanding of what it is they are trying to achieve whilst focusing on further team improvements

Team Leadership – Sensitive looks at the issue of leadership within the team and what can be done to improve this area. Also highlights the importance of supporting the leaders of the team through honesty and strong communication

Understanding Team Differences – Helping the team to value team differences and learn how to make the most of the skills, abilities and styles. It specifically highlights what individuals are willing to work towards for the betterment of the team

Team Processes – Identifying the important team processes, where there can be improvements and what can be done to ensure the processes are working for the team rather than the other way around.

Team Communication – A challenging activity that helps the team focus on the importance of everyone having input, being heard and being open and honest. There is also a review of key communication skills and what makes for positive communication.

Relationships – A summarizing session that works to apply the outputs from the day into actionable statements that the participants commit to.

This entire team building session revolves around developing actions and identifying improvements for the team. The participants will be challenged and work together to improve specific workplace issues.