

## TEAMWORK & TEAMBUILDING

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**Unleash your teams power and potential! Learn how to build a high performing, collaborative and cohesive team!**

Successful organisations today know that teams make a big difference in achieving strategic goals. Teams that are strong, flexible, and productive can be the competitive edge needed to produce better results.

Get your team on the same page and on track for consistent success with this fun, interactive and effective workshop. Equip your team members and leaders with the skills to create and maintain positive workplace relationships. Participants will explore the different aspects of a team, develop effective communication patterns, appreciate the different personality types within their team, learn techniques to solve problems as a team or manage internal conflict and develop ways to become a top-notch team performer.

### Workshop Objectives

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- Understand the concept of a team and the characteristics and behaviours required to function as an effective and high performing team
- Identify the barriers to a positive team culture and develop ways to overcome them
- Understand the importance of internal service and how this sets a positive tone for all personal interactions
- Understand how your attitude affects team performance, morale and productivity
- Apply tools to establish and maintain a positive attitude
- Explain the benefits of team diversity and mixed personality types in teams
- Understand the different personality types that make up your team and their corresponding traits, characteristics, strengths and weaknesses
- Understand the fundamentals of communication and implement techniques to communicate more effectively and professionally
- Develop effective listening and questioning skills
- Utilise De Bono's 'Six Thinking Hats' model to solve problems as a team
- Implement techniques to work through team conflict in a positive and constructive manner
- Understand the four phases of the Tuckman team development model and define their characteristics

