

Team Building

Learning Objectives

This one day course is designed to assist a new or established team work together in a more confident and relaxed atmosphere and appreciate other team members and the skills they have, whilst recognising the need to retain individual thought processes.

Benefits to You

- ✚ Appreciate the benefits of an effective team
- ✚ Discover what your "Team Role" is
- ✚ Learn how to give and receive constructive criticism
- ✚ Appreciate how to remain an individual whilst contributing greatly to the team

Take away exercises that will help the team to start and continue to bond

Objectives

- ✚ Learn to recognise effective teams
- ✚ Understand what makes an effective strong team
- ✚ Identify non-team players and help them to join your team
- ✚ Analyse areas for self-improvement

Methodology

Group discussion is an integral part of this course with exercises and games to establish existing skills, and areas for development. It is essential that this course is tailored to your specific requirements, and ensure it has the right level of physical activity for your team.

Pre-Requisites

This course has been designed for anyone wishing to improve their team building skills.

Topics:

Introduction & Objectives

- ✚ What is a team?
- ✚ How to recognise a successful team
- ✚ Individual team roles
- ✚ How is our team performing?
- ✚ The games and exercises selected specifically for your team
- ✚ Individual and team development plans