



Team Building

Course Overview

Working as part of a team can be enjoyable and productive; at times it can also be a frustrating experience. A great deal depends on the level of understanding, trust and cooperation that exists between team members, and whether everyone truly works together to achieve the same goals. The practical activities in this one day course will provide insights into team roles and behaviour, how to deal with conflict and become a stronger team.

Who should attend

Anyone working as a team member or team leader who would like to develop and become a high performing team.

Course Objectives

By the end of the course participants will be able to:

- Explain the characteristics of effective teams
- Identify team roles along with strengths and weaknesses
- Recognise factors that can damage teamwork and take measures to avoid
- Describe how teams progress over time and the impact on team members
- Deal with conflict within the team in constructive ways
- Implement changes within own team for increased cohesion and performance

Course Content

- Definitions of a team and advantages of teamwork
- Importance of team direction and characteristics of an effective team
- Considering team life cycle and how this develops over time
- The role of the team leader

- Analysis of team roles and the need for balance within the team
- Factors influencing why teams sometimes fail
- Understanding the needs and expectations of team members
- Improving communication skills and building good relationships within the team
- Sources of conflict within the team along with effects
- Finding the best approach to dealing with conflict
- What it takes to be a high performing team
- Practical team building exercises focusing on communication skills, problem solving, creativity, cooperation etc.
- Action notes for individuals and for the whole team

Reviews

“Plenty of opportunity for interaction and ideas to put into practice back at work.”
LS, Fife Council

“Thought the group activities were good and helped keep things interesting.”
JC, First Scottish

“Very well delivered course.”
WR, Oceaneering