



TEAMBUILDING WORKSHOP

Arrive as Individuals – Leave as a Goal Focused Team

Course Overview

The “Teambuilding” Workshop assesses how a team of people operate together in order to promote greater understanding, and therefore work more effectively as a team. It uses specific developmental theory to investigate understanding themselves, others and ultimately, THE TEAM! Through a variety of experiential and practical skill-based exercises including self-assessments, participants gain an appreciation for the personalities, styles and strengths of their team. They leave the workshop motivated and committed to working positively and effectively together to achieve an agreed team vision.

Course Topics

- ◆ Understanding Ourselves and Others
 - Personality Types
 - Emerging Success of Failure
 - Intrinsic/Extrinsic Motivation
 - Internal/External Locus of Control
 - Role Perception
 - Contextualising Individual Values
- ◆ Working as a Team
 - Communication and Contribution
 - Empathy as a Tool
 - Effective Relational Tools
 - Personal Responsibility
 - Committing to Change
 - Creating a Team Mission/Values Statement
 - Strategies for Successful Interaction

Duration

One day

By Gloria Masters ©