

# Team Building Course Overview

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## Course Description

The aim of this course is to empower delegates with skills required to be a competent individual and a collaborative member of a team. Delegates will understand the power and effects of their own actions and the impact on other individuals and the team. You can't build teamwork simply by attending this course. However, after attending this inspiring and informative team-building event delegates have the initial aspiration and drive to commence building their team and complete understanding that team building must become something you do every single day.

## Target Delegate

This workshop is aimed at bringing the workforce together, raising the work spirit and strengthening relationships within the workplace. It is best delivered to teams and their supervisors.

## Prerequisites:

None.

## Delivery Method: Instructor Led, Group and Individual Activities

This course is delivered for the delegates who attend on the day. Thus it is highly flexible and adaptable to ensure it meets and excels expectations and needs. A range of strategies and applicable techniques are discussed and role-played for immediate use helping individuals to grow personally and contribute fully to team growth.

This course is best delivered over 2 separate days, an initial delivery and a follow-up day, but can be tailored and delivered in one day.

## Performance-based Objectives

By the end of this course delegates will be able to:

- Recognise the importance of effective team work
- Identify individual and team strengths and weaknesses: personal growth builds team growth
- Communicate better as a team: awareness, listening and understanding skills
- Identify the stages of team development and where your team currently sits within this
- Re-assess your team's goals and direction: creating positive daily realities
- Develop and apply practical strategies for constant effective team building: one day at a time

## Additional information

On the first day, through discussion, brain storming, game play, role play and goal setting, we work to sort out problems, put forward new ideas, plan the future, look at the team's 'purpose', 'vision' and 'mission' and learn more about each other as people. Team members will enjoy a fresh perspective, achieve a sense of focus, build confidence and prepare themselves for the workplace. This Team event will have a positive effect on the morale, motivation, confidence and effectiveness of the team and its individual members that will immediately transfer to the workplace.

The content of day one, followed by some time back in the workplace would enable a second follow-up event to take place, after an agreed period of time. This takes the value and use of knowledge gained further and provides additional support to the team in response to their experiences after applying knowledge and skills learnt on day one.