



Bespoke

Practical Team Building

One Day Training Course

Course Aims:

To reinforce to delegates the activities, behaviours and techniques that make for effective team building through practical, physical and mental, exercises. The focus is on individual and group actions that build and sustain effective teams.

Course Outline:

Introduction

- Defining teams and their function

Why a Team?

- Appreciate when team working is essential and when it isn't

Task Achievement in Teams

- Understanding group processes
- Understanding the importance of the difference between the task of the team and the processes undertaken.

1st Exercise

- The First Exercise
- Exercise review

Feedback

- Recognising the importance of giving & receiving feedback

Team Roles

- Identifying roles in teams
- Learning how to using team roles to advantage

Making an effective Team

- Understanding how to make a team effective
- Using what you've learnt

Team Working

- Analyse your experience
- Analyse team functioning

2nd Exercise

- The Second Exercise
- Exercise review

Team Development Stages

- Recognising and promoting the stages of team development

Target Audience

People who need to operate effectively as part of a team.

Assumed Knowledge/ Pre-requisites:

None

Alternative Course/s:

Team Building.

Tailored or Private Courses Only

paul@itrain.co.im
Tel: (01624) 801770
www.itrain.co.im

I Train Limited
St John's Mill
Mill Road
St John's
Isle of Man, IM4 3AF