



## **Bespoke**

# **Team Building**

## **One Day Training Course**

### **Course Aims:**

---

To introduce delegates to the activities, behaviours and techniques that make for effective team building. This will focus on individual and team actions that build effective teams.

### **Course Outline:**

---

#### **Introduction**

- Defining teams and their function
- 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.

#### **Feedback**

- Recognising the importance of giving & receiving feedback

#### **Team Roles**

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

#### **Team Development Stages**

- Recognising and promoting the stages of team development

#### **Making an effective Team**

- Understanding how to make a team effective

#### **Team Working**

- Experience working in a team
- Analyse team functioning

### **Target Audience**

---

Anybody who needs to create, or is about to lead, a team.

### **Assumed Knowledge/ Pre-requisites:**

---

No prior formal knowledge or experience is required however previous supervisory experience would be advantageous

### **Alternative Course/s:**

---

Practical Team Building

**Tailored or Private Courses Only**

[paul@itrain.co.im](mailto:paul@itrain.co.im)  
Tel: (01624) 801770  
[www.itrain.co.im](http://www.itrain.co.im)

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