Team Building

COM014

Course Description

This 5-day interactive course is designed to enhance participants' ability to build, manage, and sustain high-performing teams in dynamic environments. It focuses on developing essential skills such as communication, collaboration, conflict resolution, and leadership to foster a cohesive team culture. Through experiential learning, participants will engage in activities, case studies, and practical scenarios to better understand team dynamics and drive collective success.

This course promises to leave participants equipped with the knowledge and tools to build cohesive teams that achieve results. It blends theory with practice, ensuring skills are immediately applicable in the workplace.

Course Objectives

By the end of this course, participant will be able to:

- Understand the fundamentals of team dynamics and the roles individuals play within a team.
- Develop effective communication and active listening skills to promote collaboration.
- Identify and resolve conflicts within a team constructively.
- Apply leadership strategies to motivate and empower team members.
- Build trust, align goals, and enhance team cohesion.
- Design strategies for sustaining high team performance in challenging environments.

Who should attend

This course is ideal for:

- Team leaders and managers seeking to enhance their leadership skills.
- Human resource professionals responsible for team development.
- Employees working in project-based environments or cross-functional teams.
- Entrepreneurs and business owners aiming to cultivate strong teams.
- Any professional seeking to improve collaboration and teamwork skills.

Course Duration

5 Working Days

Course Outlines

1. **Understanding Team Dynamics**

   - Introduction to team building: Importance and benefits.

   - Stages of team development: Forming, storming, norming, performing, and adjourning.

   - Identifying roles and responsibilities within a team.

2. **Effective Communication and Collaboration**

   - Communication styles and their impact on team performance.

   - Active listening techniques to foster understanding.

   - Tools and techniques for collaboration in diverse teams.

3. **Conflict Management and Problem-Solving**

   - Common sources of conflict in teams.

   - Techniques for resolving conflict constructively.

   - Group problem-solving and decision-making strategies.

4. **Leadership in Teams**

   - Traits of an effective team leader.

   - Motivating and inspiring team members.

   - Delegation and accountability: Balancing authority and responsibility.

5. **Sustaining High Performance**

   - Building trust and fostering a positive team culture.

   - Aligning team and organizational goals.

   - Strategies for continuous team improvement and adaptability.