Team Skills

Course Description
A 2-day hands-on, interactive course that enables participants to understand, develop, and practice real skills in working in teams. This course focuses on self-awareness, hands-on exercises, role plays and teamwork. It is suited to all team members.

Course Goals

Participants walk away with the skills, tools and techniques to successfully work in teams. This course is the first step. Participants will then be required to put into practice in a structured way what they have learned.

Course Content

- The definition of a team
- Characteristics of an effective team
- Roles in teams
- Managing conflict
- Problem solving methods
- Group decision making
- Communicating in teams
- Getting to team effectiveness
- Being motivated
- Team building tips

Methods

We use little theory and lots of practice, with active feedback, discussion, role plays and exercises.

Overview

Day 1 - morning
Introduction
The definition of a team
Characteristics of an effective team
Roles in teams

Day 1 - afternoon
Managing conflict
Problem solving methods
Group decision making

Day 2 – morning
Communicating in teams
Getting to team effectiveness

Day 2 - afternoon
Being motivated
Team building tips
Wrap-up