

2-Day Team Building Workshop

Description

This 2-day workshop uses exercises, questionnaires, little theory and much practice in a safe, non-judgmental environment. In only 2 days, the team moves from being a group of individuals to being a tightly knit group that understands one another, how to communicate and to work together, how to support one another, how to solve problems, manage stress, and how to resolve future issues.

Key Benefits

- Team building and motivation
- Improved communication
- Reduced conflict and stress
- Successful team work
- Boosted camaraderie
- Fast achievement of tasks by team
- Harmonious environment

Agenda

- Definition of team members' Roles and Responsibilities
- Agreement of the characteristics of the team
- Definition of vision, goals, and objectives of the team
- How to solve problems
- How to deal with conflict within the team
- Definition of communication rules
- Strategies for managing stress
- How to give and receive feedback
- Rules for managing meetings