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# Effective Team Building



Course Title: **Effective Team Building**

Duration: **1-day**

Course reference code: **MT-6**

Target Audience: *People who have to:*

- **Create and develop a new team,**
- **Enhance and/or reaffirm an existing team,**
- **Develop some new skills to manage teams more effectively**

## On-Site Costs:

- Up to 12 delegates may attend this course
- Conducted at a client's chosen location
- Comprehensive printed handouts for each delegate
- See our pricing structure for the total cost of this package

## Brief Description

Effective teamwork can only be achieved when individuals work together for the success of the group rather than the success of the individual players. Achieving effective results requires not only getting the best from the individuals but also maximising the efforts of the group as a single entity. This training session is aimed at people who will form part of a team or will be involved in motivating a team. This session is very interactive and all delegates will be encouraged to participate fully in the discussion and practical sessions. Video is used extensively during the course to identify the dynamics within the team and to develop support and understanding between team members.

## Course Overview

Objectives and Introduction and Setting the Scene

- Objectives and Introduction and Setting the Scene
- Identify the importance of teamwork
- Factors that contribute to and inhibit teamwork
- Identify the building blocks required in a well balanced team
- Complete and analyse a 'building block questionnaire'
- Review the importance of a well balanced and structured team
- Team roles; Personal role identification; Interaction within the team
- 3 Circles Model: Needs of the / Team / Individual / Task /
- Complete and analyse a 'self-perception inventory'
- Examine and develop a set of team building plans
- Consider the importance of image building
- Review problem solving techniques as applied to team building
  - Mind Mapping; -Brainstorming; -Cause and Effect Diagrams; -5 Whys and 5 Hows; -SWOT Diagrams
- WORKSHOP: Who Am I?
- Brainstorming session by each team
  - "In how many ways can we improve the image of the team?"
  - "In how many ways can we improve the efficiency of the team?"
- Develop a set of personal and team action plans
- Experience a range of team building exercises

Delegates will be encouraged to participate fully in the various case studies, discussion sessions and practical exercises that are conducted during the course.