



## **EXPERIENTIAL TEAMBUILDING**

### **COURSE OBJECTIVES**

Help participants to build a higher level of teamwork, camaraderie, communication, and productivity by increased trust, understanding, and acceptance of others.

Through a series of discussions, exercises, role-plays, and case studies participants learn the impact of being an effective team member in the workplace and how to adapt their style and approach, as needed. This workshop is interactive and fun.

### **PARTICIPANTS WILL:**

- Collaborate more effectively with members of the team.
- Use a common language as a tool to understand personal and team work styles.
- Appreciate the needs and preference of similar and differing styles.
- Build trust and rapport with new and existing team members.
- Recognize inappropriate or unproductive communication.
- Build a solid foundation of understanding and appreciation of each other.
- Recognize personal conflict style and the impact it has on others.
- Increase the level and commitment to treating each other with respect.
- Capitalize on personal motivators and use them to help the team.
- Provide commitment to a stronger working relationship with colleagues, co-workers, and team members.

People who work on teams quickly discover that each person has a unique approach to work – different ways of accomplishing the job. Sometimes team differences are easily accepted – even laughed about – and may complement each other. But too frequently teams find that those differences can also cause confusion, stagnation, or frustration.

Only when people have a framework to make sense of their differences can they learn what to expect from others and achieve true teamwork. This program uses various team models to address three of the most common challenges that teams face: motivation, conflict, and communication. Participants learn simple, intuitive ways to make lasting improvements in the team's effectiveness.

### **PARTICIPANTS RECEIVE:**

- Coaching throughout the session
- Results from a self-assessment
- Evaluation of strengths/areas for improvement
- A workbook/reference manual

### **CLASS SIZE**

Maximum of 16 people per workshop

### **WORKSHOP LENGTH**

One Day Workshop or Half Day Workshop Available