

Team Building

AIMS

To understand the importance of teamwork and how to build effective teams

DURATION

Full Day Course

LEARNING OUTCOMES

By the end of this course you will:

- Understand the importance of resilience
- Know ways to build resilience
- Recognise the responsibilities of leaders
- Understand ways to motivate and support teams
- Be aware of ways to work effectively as a team
- Understand how to communicate effectively
- Recognise key skills for listening to team members
- Be able to identify challenges in teams
- Be able to effectively deal with conflict
- Be able to manage underperformance
- Know ways of motivating your team
- Understand the importance of praise and rewards

LESSONS AND TOPICS

Staff resilience

- What is resilience?
- Why does resilience matter?
- How to build resilience
- Coping with stress

Identifying your role and responsibilities

- The Role of a Leader
- Responsibilities
- Leadership
- Supporting your Team
- Skills Required to be a Leader

Teamwork

- How teams develop
- Working with others
- Seven Tips for Successful Teamwork
- Understanding Goals and Tasks
- Communication

Challenges within the team

- Identifying skills
- Expectations
- Responsibility
- Delegation

Dealing with challenging staff

- Conflict resolution
- Difficult conversations
- Dealing with underperformance

Staff motivation & morale

- Motivating your teams
- Get to Know Your Team
- Ensure Your Team Are Competent
- Praise and Rewards



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