

# Team Building Workshop

NSL-S0013

2 Days



## Description

The use of teams in the workplace is more common than ever before; however, positive results from a team environment are not guaranteed when individual employees must work together when they are assigned to collaborative projects. Teamwork is a skill that must be taught. Building a team requires taking a risk and sharing decision-making as teams take collective actions and share purpose, goals, and accountability. Teamwork also requires flexibility, good listening skills, and the ability to compromise. High-performing work teams are the result of individual and collective performance.

This course helps employees work as a team to help overcome problems such as conflict, competition, and resistance to change. The two-day workshop is designed to teach managers and employees key team building skills, including the characteristics of a successful team; the natural cycle of a team; understanding personal preferences; establishing goals and roles; differentiating between competition and collaboration; creating synergy at work; communicating effectively and appropriately; and resolving conflict.

## Prerequisites

- None

## Objectives

Upon successful completion of this course, students will be able to:

- ✓ manage resources and build rapport.
- ✓ describe successful teams.
- ✓ identify personal preference and resolve conflict.
- ✓ clarify team roles.
- ✓ identify competition and collaboration on teams.
- ✓ establish common ground and make team decisions.
- ✓ communicate effectively.
- ✓ identify sources of conflict.

## Outline

### Managing Resources and Building Rapport

- Working with Limited Resources
- Building Rapport

### Understanding Successful Teams

- Understanding the Characteristics of Successful Teams
- Understanding the Natural Cycle of a Team
- Differentiating Between Working Groups and Teams
- Developing Teams
- Team Performance Curve

### Understanding Personal Preference and Sources of Conflict

- Recognizing Personal Preference and Style
- Resolving Conflict Among Personal Preferences
- Ten Tips for Resolving Conflict

### Clarifying Roles

- Clarifying Roles

### Understanding Competition and Collaboration on Teams

- Competing and Collaborating for Team Success

### Establishing Common Ground and Making Decisions

- Establishing Common Ground
- Making Team Decisions

### Communicating Effectively

- Communicating Effectively
- Recognizing Communication's Impact on Team Behavior

### Identifying Sources of Conflict

- Identifying Sources of Conflict