

# Team Building

## Overview

These programmes are designed to be fast moving, challenging, fun and provide each delegate with an opportunity to explore skills and knowledge and enhance team performance. All exercises are designed for indoors and are a mix of challenge, fun and team interaction whilst retaining a focus on the reality of business.

Each programme can be tailor made to suite individual client requirements and business needs. Programmes cater for newly formed teams through to established teams of varying sizes and geographical spread.

Programmes are designed around a number of key competencies :

- Teamworking
- Communication
- Problem Solving
- Leadership
- Influencing Skills
- Planning & Implementation
- Understanding & Trust

High level aims are to :

- Explore the dynamics of team working
- Discuss the roles of team members
- Identify team leadership skills
- Consider the impact on the business

## Content

Benefits of Teams and Teamwork  
Characteristics of effective teams  
Team roles and preferences  
Team member skills  
Collaboration and Co-operation  
Leadership – Key skills  
Sharing needs and information  
Key Learning's via challenging exercises  
Review and Commitments

**Duration** 1 Day

**Location** Flexible



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