Teamwork

Duration

2 days

Public

Any group having for objective to create a united and communicating team, to develop more performances

Objectives

- To teach participants to work well together and create true synergy among themselves in order to achieve the shared objectives more easily
- To strengthen the team's cohesion and to create a good team spirit
- To increase everyone's involvement
- To make team members aware that they are all complementary to and dependent on one another
- To teach them to function better together and cooperate more efficiently
- To help them get to know and understand one another better in order to improve harmony and create better interpersonal relations
- To help them communicate better with one another
- To help them handle conflict and delicate situations

Program

- Teamwork and team-building
  - What is a true team
  - The concept of synergy
  - Requirements for working as a team
  - Conditions of success for teams today
- Ground rules for effective functioning in a team
- Self-diagnosis: What are our strengths and weaknesses as a team? (group exercise)
- Attitudes and behaviour to adopt and be developed in order to strengthen our cohesion and effectiveness

- Understanding others better in order to work together better
  - The different profiles of team members
  - How to establish good relations with each team member
  - How to identify the socio-style of each team member
  - Individual tests
  - How to approach others in a way that is suited to their socio-style
- The art of interpersonal communication
  - How to have a positive influence on others
  - The mechanism of communication
  - Obstacles to communication
  - Differences of perception
  - The rules of successful communication
  - The importance of non-verbal communication
  - The art of asking the right questions
  - Active listening
  - Empathy
  - Feedback
- Handling conflicts
  - The origin of conflict
  - How to anticipate conflict
  - Handling conflict
- Summary and conclusion

Methodology

Alternation of inductive or deductive steps according to the concepts that are to be exposed. Participative and interactive method, leaving a privileged place for discussion and the opportunity to test concretely different behaviours to reach the objective.