

## Team Building and Staff Motivation

This is a highly interactive outdoor training program that is not only fun but has clear objectives in mind. It is results based, designed to lead the course participants through a number of activities that will demonstrate the necessity of team work in order to succeed. The course participants will need to plan, communicate, strategise, trust, test and rely on others throughout this course. The program has been designed for corporate requirements and thus is not a physically challenging day but rather a day that is hands-on to achieve an improved team perspective.

### Course Outline:

- 6 team exercises designed to progress the course participants through the skills required to effectively operate as part of a team.
- Each exercise is designed to demonstrate a different team skill set. The exercises are not physically challenging but do require the participants to work and solution challenges together in order to succeed.
- The course begins with understanding how people behave within a team. What are team requirements i.e. communication strategies, problem solving strategies, team decision making, team formation strategies.
- The group will understand the five stages of team growth and identify each stage in their workplace. Strategies will be discussed as to how to move a team forward through the development stages.
- Defining the culture of a team, what factors develop “team spirit”.
- Defining what creates attitude and how attitude affects team performance.
- Practicing the actions and dynamics of winning teams through the final team exercise.



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### At the end of the course you will be able to:

- Understand through participative learning, an awareness of the strength and productivity that can be achieved through working as part of a team rather than an individual.
- Understand how individual behaviour affects team morale, team spirit and team performance.
- Identify the stages of team development and be able assist teams to move through each of these stages.
- Understand how to participate as part of a team with the focus on capitalizing on individual strengths to result in high performance teamwork.

### Who should attend?

- Individuals who need to understand what it takes to be part of a team and what Team Work involves.
- Teams that work together.
- Team Leaders, Supervisors, Frontline Mangers.



<b>Course Duration</b>	- 1 day program Outdoor facilities required.
<b>Participant Numbers</b>	6-12 participants
<b>Pre-work required</b>	Nil
<b>Post work required</b>	Nil