



Becoming a Team Player



Overview/Description:

In today's work world, we often need to work in groups of people who have many differences, and yet are supposed to seamlessly form an effective team. We've all heard the term "teambuilding," and at one point or another most of us have gone through a teambuilding process, whether we know it or not. But what exactly is teambuilding and how can it be successfully used to help diverse groups work together more effectively? Understanding the main building blocks and development stages of teams can give any group of people the right tools to form a cohesive and productive group.

Workshop Objectives:

At the end of this workshop, you will be able to:

- Describe the seven practices of highly effective teams
- Identify your own strengths
- Identify your areas for improvement

Describe 10 common team problems

- Identify what you can do to avoid common team problems

Identify ways to work effectively with others

- Describe how conflict forms
- Describe how individual backgrounds can lead to issues in the workplace
- Identify ways to adapt based on peoples' behavior styles



TARGET AUDIENCE:

ANYONE LOOKING FOR TIPS ON HOW TO WORK BETTER WITHIN THEIR TEAMS



EXPECTED DURATION:

45-60 MINUTES

