

Team Building Training: Unleashing Collaboration Power

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Lisbon (Portugal)

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R202217721705080028 Location: Lisbon (Portugal) Fees: 5200 GBP

Why This Course

In today's fast-paced and interconnected workplace, the strength of an organization lies in its teams. High-performing teams drive innovation, deliver results, and adapt to change — but building and sustaining them requires intentional leadership.

This intensive 5-day Team Building program equips leaders and managers with practical tools and strategies to foster collaboration, trust, and engagement within their teams. Through a blend of interactive exercises, real-world scenarios, and actionable frameworks, participants will gain the confidence and skills to unlock the full potential of their teams and create a culture of success.

What You'll Learn and Practice

By attending this course, you will:

- Understand the principles of effective team building and high-performing team dynamics.
- Strengthen communication and collaboration across diverse team members.
- Resolve conflicts and foster trust to create psychologically safe environments.
- Motivate and engage team members for sustained performance.
- Facilitate productive meetings, brainstorming sessions, and team workshops.
- Build a positive team culture that encourages growth, innovation, and accountability.

The Program Flow

Day 1: Foundations of Team Building

- Understanding team dynamics and stages of development.
- Identifying elements of high-performing teams.
- Assessing current team strengths and gaps.
- Setting clear team goals and expectations.
- Workshop: Evaluating and enhancing your team's performance potential.

Day 2: Enhancing Team Communication

- Developing active listening and feedback skills.
- Mastering verbal and non-verbal communication techniques.
- Overcoming barriers in diverse and distributed teams.
- Practice: Effective communication exercises and role-playing.

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Day 3: Building Trust and Resolving Conflicts

- Creating a culture of trust and psychological safety.
- Recognizing common sources of team conflict.
- Applying conflict resolution strategies in real scenarios.
- Facilitating challenging conversations with confidence.

Day 4: Motivating and Engaging Team Members

- Understanding individual motivators and personality differences.
- Implementing recognition, rewards, and growth opportunities.
- Empowering team members through delegation and autonomy.
- Encouraging continuous learning and professional development.

Day 5: Facilitating Team Success

- Leading productive team meetings and brainstorming sessions.
- Applying team-building activities to strengthen cohesion.
- Measuring team performance and identifying improvement areas.
- Action planning for ongoing team development and success.

Individual Impact

- Gain confidence in leading and developing high-performing teams.
- Improve communication, collaboration, and conflict resolution skills.
- Learn practical strategies to motivate and engage team members.
- Build actionable plans for sustaining team performance over time.

Work Impact

- Enhance overall team productivity and effectiveness.
- Foster trust, collaboration, and innovation within teams.
- Equip leaders to navigate conflicts and create positive work environments.
- Drive long-term organizational success through strong team culture.

Training Methodology

This program combines theory, practical exercises, and guided reflection to ensure immediate application:

- Interactive workshops and team simulations.
- Real-world case studies and problem-solving exercises.
- Hands-on practice in communication, conflict resolution, and team facilitation.
- Tools, frameworks, and templates for ongoing team development.

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A graphic of a chessboard with several chess pieces (a king, a queen, and a pawn) positioned on it. The board is checkered, and the pieces are gold and silver. The text 'UK Training PARTNER' is overlaid on the right side of the board.

Beyond the Course

Participants leave ready to:

- Build and lead high-performing, cohesive teams.
- Facilitate communication and collaboration effectively.
- Implement strategies to resolve conflicts and enhance trust.
- Drive team engagement, motivation, and long-term growth.

A graphic of a chessboard with several chess pieces (a king, a queen, and a pawn) on it, set against a background of concentric circles.

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