



Team Building

Why team building training?

Effective team building training fosters open communication among team members. It helps individuals understand each other's strengths, weaknesses, and communication styles, leading to better collaboration and fewer misunderstandings.

Team building activities promote collaboration and cooperation among team members. By working together to solve problems and achieve common goals, teams develop a sense of unity and shared purpose. Team building training helps build trust among team members by fostering mutual respect, understanding, and support. When team members trust each other, they are more willing to take risks, share ideas, and collaborate effectively.

Engaging in team building activities can boost team morale and motivation. When team members feel connected to their colleagues and enjoy working together, they are more likely to feel satisfied and fulfilled in their roles. Strong teams are more likely to retain talented employees and keep them engaged in their work.

Course content

- What is a team?
- Team building and the characteristics of a team
- The importance of team goals
- Assessment of team effectiveness
- Team management & establishing team rules
- Problem Solving and conflict resolution SWOT analysis
- Motivation
- Delegation
- Communication within the team

Forge Stronger Connections, Achieve Greater Heights!



Course duration

One day

Location

At SIGTA Training Centre in Portslade or onsite with sufficient delegates

