

#### **WORKSHOP SERIES**

**Results Oriented Soft Skill Training & Development** 

Our Workshop Series are professional training modules to develop understanding and know-how, while cultivating a healthy long-term interaction between delegates. Workshops are visual, packed full of practical hands on games, projects and activities to help keep participants engaged and maximize the understanding and retention of each session's subject. In cooperation with you, we will design and customize workshops and training activities to seamlessly integrate into your work space.

Being in corporate training and team building field for over 15 years, we have designed detailed soft skill training programs that are essential to generate high performing employees and teams.

Seen in the industry as an innovator, we provide an active and engaging approach to all our learning modules.





This 2 day workshop exceeded all expectations. Professional trainers and facilitators, well designed activities and great support!









## **Team Dynamics**

Group dynamics is the understanding that people take on distinct roles and behaviors when working in a group which effects the roles and behaviors of other group members, and the group as a whole. It since has been found that groups with a positive dynamic are nearly twice as creative as an average group, whereas, groups with poor group dynamics often are unable to explore options effectively for good decision making.

"Individuals have varying motives, egos, agendas and qualifications.
Sometimes the dynamics can go off track."

Carly Fiorina

# **The Program**

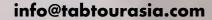
In this workshop you will explore your personal process as a group member and the direct impact that this has in the range of various groups. You will become aware of the effect that prevailing group dynamics have on you, including; your attitudes, assumptions, personal triggers and defences. Time is given to developing personal strategies for handling them. You will become more comfortable in handling situations as they emerge, and more aware of the subtle influence that you have on a group, and vice versa.

## **Key Takeaways**

- Knowledge of how teams form, and the stress points for being effective vs ineffective
- Different coaching and leadership techniques
- Skills to observe and assess teams
- Learn your personal stress points to overcome reserves
- Create pro-active teams with a day to day approach
- Increase your effectiveness as a team
- Learn how to easily avoid or resolve conflicts and build synergy in your team

#### Design

Contact us with your delegate count, and your expected goals or purpose. Your itinerary for the program can then be designed and customized with you so we can meet all set objectives. Duration of the training depends on number of participants and the objectives and can be from 3 hours to 3 days.



#### **Symbiosis**

Interaction between organisms living in close and long-term biological association, typically to the advantage of both.

"The acquried symbiosis in our team resulted in a mutual sense of or eness."



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