Team Building & Team Management Training

Duration: **2 Day**

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In today's business environment, success is driven by effective collaboration, not just individual brilliance. Leaders must adapt to dynamic team structures and foster a strong sense of belonging and shared purpose. This training helps participants understand team dynamics, manage interpersonal challenges, and create high-performing, motivated teams.

Who Should Attend

- Mid and senior-level managers
- Employees seeking to improve team leadership and coaching skills
- All professionals aiming to work more effectively in team settings

What You Will Learn

- Develop team leadership, coaching, and collaboration skills
- Understand your role and style as a team member or leader
- Improve empathy, initiative-taking, and interpersonal harmony
- Analyze behavior patterns and personality profiles
- Manage teams with varying development levels
- Handle team conflict and sustain motivation

Training Outline

I. Communication Foundations

- Belonging vs. individuality
- Social roles within teams
- Interpersonal vs. group communication

II. Perception and Mental Models

- Interpretation and meaning-making
- Paradigms and mindset shifts

III. Expression Techniques

- Effective self-expression

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- Clarity in communication

IV. Listening Skills

- Active listening techniques
- Defensive vs. constructive attitudes

V. Empathetic Communication

- Building trust and emotional intelligence
- Conflict resolution tools

VI. Group Behavior

- Personal styles and behavioral patterns
- Responsibility, initiative, collaboration
- Cultural diversity and feedback methods

VII. Team Dynamics

- Understanding roles and distributing tasks
- Building synergy and team spirit
- Team formation stages and challenges
- Managing generational diversity in teams
- Motivation drivers and success factors

VIII. Agile Team Structures

- Agile vs. traditional team differences
- Managing small and large team formats
- Agile roles and implementation
- Building an effective Agile team