

## Team Building

Successful teams are those which communicate well; adopting a problem solving approach to difficulties and managing conflict constructively.

### **Objectives**

After successful completion of this course, participants will be able to:

- Understand the principles of group functioning
- Communicate more effectively
- Identify individual strengths
- Use strategies learned to harness strengths
- Increase co-operation and positive participation in a team
- Function more productively as a team member

### **Benefits**

For the participant, a sense of belonging to a team and a willingness to draw on the strengths of self and others.

For the organisation, goal directed team, group coherence and increased productivity.