

**Duration:** 2-3 days  
**Max Participants:** 10  
**Location / Dates:** Various



### **Course Content**

The course content is not a lecture or seminar. The areas noted below are indicative of the activities and skills that will be tested and learned during your TeamActive event.

#### **1. Introductions and course objectives**

- Expect the unexpected
- The vital development areas
- Respect, Empathy & Genuineness
- Experiential exercises
- Debrief

#### **2. Where are we now?**

- What is the team's vision?
- Team communication and collaboration
- What are we good at?
- What are we not so good at?
- What are our strengths and weaknesses?
- Experiential exercise
- Debrief

#### **3. Where do we want to be?**

- Agreeing the areas for improvement
- Prioritise the focus areas
- Turning words into action - 'Walk the talk'
- Experiential exercises
- Debrief

#### **4. Improving Team productivity**

- Effective feedback & listening to understand
- Developing unity and a shared vision
- Communication and collaboration
- Thinking outside the box
- Benchmarking and improving performance
- Personal effectiveness
- Experiential exercises
- Debrief

#### **5. Integrating Success Factors**

- The qualities and metrics of High Performing teams
- Experiential exercises

## 6. Action Planning

- Personal capabilities – Strengths, weaknesses, opportunities, threats
- Planning the way forwards
- What are we going to do different?
- Using the learning back in the working environment

### Course Benefits

By the end of the workshops, the participants will be able to:

- Identify their teams strengths and weaknesses
- Identify the teams focus areas for development
- Understand the need for feedback and listening
- Understand the importance of communication and collaboration
- Put into action a plan for the team's development
- Transfer the learning back into the working environment

### Who should attend?

Individuals and Teams who wish to improve and increase their knowledge, skills and effectiveness.

### Training methods

Sailing is naturally a Team activity. That is why it is such a successful platform for Team development. And a highly enjoyable one too.

We build in to our TeamActive programme challenges that help us learn more about ourselves, how we work with each other and how we relate to our business.