



Successful teamwork

A successful team rarely “just happens”. This module is for anyone working within a team. It focuses on understanding team dynamics and working with others in the way that gets the most from them. It will also help you to understand your own preferred role, enabling you to play to your strengths and put in place a safety net to ensure that potential team weaknesses are covered.

Around 2 hours • Face-to-face or virtual • Typically 4-15 participants • Supported by course notes • Interactive

Key course elements

What makes an effective team?

- Establishing a common purpose

Moving from a group to a team – stages of team development

- Understanding the five classic stages of team development
- Using this knowledge to be at your most effective at each stage

Understanding and using team roles

- Tools to diagnose your own preferred style and that of others
- Adapting work to play to your strengths and minimise any weaknesses

Communicating to create mutual trust, support and collaboration

- Making requests not demands
- Seeking clarity and airing for conflict

Participants will learn to...

- Understand factors that drive team effectiveness
- Understand their own team’s stage of development and take steps to maximise their contribution
- Overcome barriers to giving and receiving feedback
- Create the environment needed for team success and shared accountability
- Understand their own and their colleagues’ styles and strengths and take actions to overcome weaknesses
- Communicate effectively with their boss and other team members
- Communicate effectively with others to contribute to a high performing team



“The trainer was really enthusiastic and friendly. She explained all the concepts really well and the session was very interactive which kept you engaged!”

BiteSize Learning

info@bitesizelearning.co.uk