

# *Teamwork & Team Building*

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Teamwork is a part of everyday life. Whether it's at home, in the community or at work, we are often expected to be a functional part of a performing team.

## **Modules**

- What is a Team?
- Types of Team
- Four stages of Team Development
  - Forming
  - Storming
  - Norming
  - Performing
- Team Building Activities
  - The Benefits and Disadvantages
  - Choosing a Location for Team-Building
- Making the Most of Team Meetings
  - Setting the Time and the Place
  - Trying the 50-Minute Meeting
- Solving Problems as a Team
  - The Six Thinking Hats
  - Encouraging Brainstorming
  - Building Consensus
- Encouraging Teamwork
  - Things to Do
  - Things to Avoid
  - Things to Consider

## **Learning Outcomes**

The Team work & Team Building Workshop enables the participants to explore the different aspects of a team; as well as, ways that can help them become a top-notch team performer.



## **2 Day Workshop**

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### **Getting Started**

- Icebreaker
- Housekeeping Items
- The Parking Lot
- Workshop Objectives

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### **Wrapping up**

- Activities
- Words from the Wise
- Review of Parking Lot
- Lessons Learned

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