



## Team Building Training

**This one day programme is designed for the Team Leaders, Managers and Supervisors who have to manage people whilst still working as part of a team. This course is highly participative, with delegates learning through team games and numerous practical fun exercises.**

### Benefits to your organisation

Increased and improved communication and motivational skills between teams within your organisation, leading to a highly motivated effective workforce.

- Course Location:** In-House or at a venue you arrange
- Course Duration:** 1 Full Day, 9.30am - 4.30pm (date to suit you)
- No. of Delegates:** Max 10 delegates per course

### Course Programme

- Introduction
- **Ice Breaker**  
*A short exercise designed to relax delegates for the day and to introduce each person to each other*
- **What is Team Working / How do Teams Develop?**  
*An input session covering 4 stages of team development with an exercise based around where their currently see their team and what factors might be affecting this. Output expected to identify how groups/teams could work together better*
- **Exercise 'The Weight'**  
*This practical exercise is designed to test communication between groups*
- **Individuals Within Teams**  
*Using the Belbin team types individual delegates plot their own profile followed by an input session and discussion. Output expected to raise awareness of each other and what they can bring to a team, helps raise an individuals motivation*
- **Exercise "The Trailer"**  
*For this exercise one team takes on the role of 'Designers' the other team the role of 'Builders'. As well as being fun exercises, they will demonstrate the Belbin team type in a practical way and demonstrate working effectively together*
- **Exercise 'Eggs Can Leap'**  
*A fun exercise to conclude the day where teams have to project an egg through the air, unbroken!*
- Course Conclusion, question and answer and close.

### Delegates Receive:

Course Notes  
Certificate of Training  
Course Materials

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