



## TEAM BUILDING

Being a valuable part of a successful team is a skill that can be significantly developed and enhanced. This workshop has been designed to help individuals understand the dynamic of working together so they can then build on the skills, talents and attributes they already have. It also suits existing teams that are keen to improve and enhance their output collectively.

To achieve this, the workshop moves beyond a traditional organisational understanding of teams and draws upon therapeutic theory and the psychology of cluster working. By the end, participants will appreciate the importance of understanding group interaction and how to apply proven techniques to develop a successful team in a healthy way.

### The Workshop:

- Presents the theory behind groups and team working
- Investigates the stages of team development and growth
- Highlights specific elements found in healthy teams
- Sets out the individual and group skills needed for healthy team development
- Teaches specific communication skills, such as active listening, assertiveness, and managing conflict
- Encourages attendees to reflect on what they bring to teams, and how they can improve their interaction within their group

The workshop is led by an experienced clinical psychologist who, having also led a number of teams, knows how to support organisations through growth and change. She regularly facilitates team development days within a number of organisations.

For details of workshop dates and how to book, please email us at:  
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