

Example Team Workshops-Tailored Workshops also available!

1. DISC Assessment for Teams (Certified)

- **Description:** This workshop uses the DISC personality assessment to help team members understand their individual behavioral styles and how they impact team dynamics.
- **Key Outcomes:** Improved communication, enhanced collaboration, and reduced interpersonal conflict.
- **Activities:** Group exercises, role plays, and discussions on adapting to different styles.

2. Strengths Finder for Teams

- **Description:** Based on Gallup's CliftonStrengths, this workshop identifies and leverages team members' unique talents to enhance performance and satisfaction.
- **Key Outcomes:** Increased engagement, productivity, and alignment of roles with strengths.
- **Activities:** Strengths discovery, mapping team strengths, and practical application scenarios.

3. Values Workshop/Trust

- **Description:** A session designed to uncover shared team values and build trust as a foundation for collaboration.
- **Key Outcomes:** Stronger bonds, alignment of team goals, and a supportive work culture.
- **Activities:** Team discussions, value-ranking exercises, and trust-building activities.

4. Resilience

- **Description:** Focuses on equipping teams with strategies to adapt to stress, setbacks, and changes while maintaining productivity and morale.
- **Key Outcomes:** Enhanced adaptability, emotional regulation, and team cohesion under pressure.
- **Activities:** Stress management techniques, mindfulness practices, and resilience scenarios.

5. Giving Feedback

- **Description:** This workshop teaches the art of providing constructive, actionable, and empathetic feedback to team members.
- **Key Outcomes:** Improved performance, stronger relationships, and a culture of continuous improvement.
- **Activities:** Role-playing feedback scenarios and practicing various feedback models like SBI (Situation-Behavior-Impact).

6. Conflict Resolution (e.g., Thomas-Kilmann Model)

- **Description:** Using the Thomas-Kilmann Conflict Mode Instrument (TKI), participants learn to identify their conflict-handling styles and strategies to resolve disagreements effectively.
- **Key Outcomes:** Reduced tension, improved decision-making, and a collaborative environment.
- **Activities:** Assessments, conflict role plays, and real-world strategy applications.

7. Nonviolent Communication (NVC)

- **Description:** Based on the principles of NVC, this workshop trains teams to express needs and resolve conflicts without blame or hostility.
- **Key Outcomes:** Enhanced empathy, understanding, and cooperative problem-solving.
- **Activities:** Role-playing empathetic listening and practicing NVC techniques.

8. Role Alignment

- **Description:** Ensures that team members' roles align with their skills, strengths, and career goals for maximum engagement and efficiency.
- **Key Outcomes:** Clarity in responsibilities, reduced role conflict, and increased job satisfaction.
- **Activities:** Role audits, team mapping, and facilitated discussions.