Positive Solutions
MEDIATION · COUNSELLING · WORKPLACE

Team Building

Building Stronger and More Connected Teams in the Workplace

It's normal for workplace teams to experience strains, tensions and even dysfunction, especially when budgets are tight and demand for services and product delivery is high. That's why it's vital to occasionally stop and assess how your team is travelling and give members an opportunity to reset, strengthen connections, and explore what can be done better by building on their inherent strengths and experience. It can be helpful to have an external party facilitate such an exercise rather than do this internally.

Team Building Session Aims to:

- Discuss what the research says about effective (& happy) teams
- Explore the importance of psychological safety for leaders & team members
- Understand how individual values align with team values
- Discuss healthy boundaries for a good team environment
- Assess what is working well in your team, what could be done better
- Learn how to manage workplace tension and conflict
- Assess your team resilience & self-care
- Workshop how you can build a stronger team

TIME: 4 HOURS
ONSITE
MAX 12-15 PARTICIPANTS

This session can be customised for specific team needs based on a briefing call with the referrer. Prior to training, participants may get a brief anonymised questionnaire to complete to understand their concerns and what they would like to achieve.

For additional information or to request a quote please contact us
admin@positivesolutions.com.au or 03 6223 5612