

## Teamwork: *Building Better Teams*

**Length:** 1 Day

**Summary:** This course will guide participants to define what a “team” is and the different kinds of teams there are. We will look at some of the benefits and pitfalls of teamwork. Participants will also discuss establishing team norms or ground rules that can be used to help teams work together.

**Learning Objectives:**

- The different kinds of teams
- How to develop team norms
- How to identify their team player style
- Ways to become a better team player
- Ways to build team trust
- Models of team development

---

## COURSE CONTENT

### **DEFINING TEAMS**

Define what a team is and what different kinds of teams there are.

### **ESTABLISHING TEAM NORMS**

This session will look at the benefits and pitfalls of teams. We will also discuss establishing team norms: ground rules that a team can use to help them work together.

### **WORKING AS A TEAM**

Discuss how to interact with their teammates.

### **BUILDING TEAM TRUST**

Trust is one of those mainstay virtues. It is the bond that allows any kind of significant relationship to exist between people. In small groups, participants will discuss some basic ways to establish and build trust on their team.

### **COMMUNICATION**

If a team is going to succeed, they must be able to communicate well with each other. This session will cover some basic principles of communication.

### **BECOMING A GOOD TEAM PLAYER**

There are skills that participants can develop to become better team players.