



“TeamPower” Group Coaching Programme

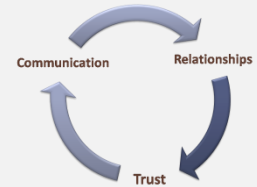
Presented by



EMPOWER YOUR TEAM TO HIGH PERFORMANCE BY CONSISTENTLY IMPROVING COMMUNICATION, ENHANCING RELATIONSHIPS & INCREASING TRUST

In today’s pressurised, deadline driven and competitive marketplace, teams need to perform optimally. Front line management teams, branch teams, divisional teams & project teams achieve high performance through:

- ☑ Clear Communication amongst team members
- ☑ Effective Interpersonal Relationships within the team
- ☑ A high level of Trust



The goal of the **TeamPower** group coaching programme is to create a self-reinforcing cycle of increasing team performance through improving communication, enhancing relationships and increase trust.

In the **TeamPower** programme 6 key behavioural competencies (also known as emotional intelligence or EQ) are taught and practiced in 6 group sessions. These fundamental skills will also help team members’ improve the performance of their customer relationships, interdepartmental relationship family relationships.

The **TeamPower** programme can be delivered in 6 individual sessions, either monthly, fortnightly or weekly. It can also be delivered in two high impact 3 hour sessions, or as a very powerful one day workshop.

TeamPower is ideal as a monthly training/teambuilding session, as part of a corporate conference, or as a stand-alone event.

The 6 **TeamPower** sessions are:

- 1) **We Know each other**
Using Johari’s Window to increase what is known about each team member. *Improve open communication and the use of each other’s strengths.*
- 2) **We own our Actions**
Increasing the gap between action and reaction. Using the Ladder of Inference to understand how we can “jump to conclusions” and take inappropriate action. *Improve responsibility & accountability.*
- 3) **We control our Emotions**
Using Transactional Analysis to understand the different ego states and what mature adult behavior looks like. *Improve emotional self-control.*
- 4) **We Hear and Understand each other**
Learning and practicing different ways of asking questions. Learning and practicing the skills of active listening, the foundation of empathy and trust. *Improve understanding, responsiveness & trust.*
- 5) **We Pursue Win-Win**
Applying the Third Alternative approach. *Minimize conflict and maximize team success.*
- 6) **We manage our Time**
Time/Priority Management – using Covey’s 3rd habit. *Become more effective and improve balance.*

Build a winning team that achieves and exceeds business goals

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