

effective teaming

3-3.5-hour program

Practical skills to build a team culture based on trust, psychological safety, belonging, and inclusion, leading to improved performance.

A practical, experiential and highly interactive program for your team.

Current behavioral science and neuroscience research shows that individuals and teams perform optimally when in an environment where they feel (1) included, (2) safe to learn, (3) safe to contribute, and (4) safe to challenge the status quo—all without fear of being embarrassed, marginalized or punished in some way." (Timothy R Clark, 2019)

This interactive 3-3.5-hour program offers practical interpersonal skills grounded in attention training, growth-oriented mindsets, and collaborative behaviors, to enhance these aspects of optimal team performance.

The Effective Teaming program focuses on four essential aspects of team dynamics:

Belonging:

The ability for team members to actively cultivate social and work connections between one another.

Inclusion:

A set of behaviors that enable each team member to feel valued and supported by others on the team and the team leader(s)

Trust:

The extent to which team members model reliability, credibility, and connection with one another

Psychological Safety:

The belief among team members that interpersonal risk taking and challenging the status quo is safe, acceptable, and even encouraged

THIS COURSE IS DESIGNED TO HELP YOU:

- Deepen self-awareness and learn how our thoughts and behaviors impact the team
- Expand awareness of self and others
- Build effective and non-reactive communication skills
- Generate a culture of trust and inclusion
- Cultivate a prosocial mindset of humility and curiosity
- Promote team interactions that create a learning community
- Optimize team engagement, agility, and effectiveness

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AGENDA

Welcome and Interactive Connection

Define program terms, models, and framework. Review effective teaming research and neuroscience. Build connection.

Psychological Safety

Review psychological safety concepts, research, and workplace indicators. Learn practices to support cultivating a culture of psychological safety in teams.

Trust

Understand the 4 key components of trust. Explore and discuss ways to enhance and inspire more trust within and between teams.

Inclusion

Examine what inclusion looks like in the workplace. Practice key skills, such as empathy and perspective-taking, to foster a culture of inclusion.

Belonging

Explore definitions and research on the impact of belonging at work. Learn practices that help generate a sense of belonging for team members.

Application. & Integration

Review program content and practices. Reflect on and discuss key takeaways and make application commitments for practice and integration.

HOW THE PROGRAM WORKS:

The Effective Teaming program is a highly interactive 3-3.5-hour program delivered online or in-person.



LIVE TRAINING

Experiential training in simple, practical and applied tools for developing a thriving team environment.



ONLINE RESOURCES

We provide an online resources page for you to review and refresh everything you've learnt in the program.



TAP THE POWER OF MINDFULNESS FOR YOUR ORGANIZATION.

Let's partner together to develop a workplace that's more effective, collaborative, and inclusive.