POSITIVE TEAM BUILDING TRAINING COURSE

"Replacing the team disagreements and tensions with a strong positive team vibe"

If you work full time from your mid-twenties to your retirement, then guess how many hours you'll have worked. It is a staggering *80,640* hours! To give that number some meaning, there are 86,400 seconds in a 24-hour day. Therefore, every second in a day is akin to a working hour. The retirement age is currently 67 and likely to keep increasing. Now, what percentage of those working hours would you like to be immersed in a positive team environment? That is the crux of this course. Discover ways to rid the team abrasions for good - no band-aid fixes! Instead, let's substitute negative team behaviours with positive team behaviours. Let's now dwell on disappointments that are inevitable in the workplace.

Key Course Content:
• Appreciate the value of your working life and making every hour count
• Embrace the benefits of a positive team environment
• Recognise uplifting behaviours in the workplace
• Choose to replace friction with collaboration
• Reframe setbacks as learning and growth opportunities
• Foster a culture of encouragement, optimism, and mutual support
• Look at a workplace that transformed from dreary to a positive vibe (and the 5 steps they took)
• Resist the urge to dwell on disappointments
• Celebrate the power of one positive voice to inspire many
• Set a contagious positive team mood

Target Audience:
The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.

Duration:
This course is available as a 1-day course or a truncated ½ day course.

Delivery:
This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.

Group Size:
We recommend a group size of 4-10 people.