

Leadership and Team Building Training Courses

- ✚ ***Addressing Emotions at Work*** (duration 4 hours maximum class size 20*)
Emotions are as much a part of the workplace as the air we breathe. Happiness, surprise, frustration, anger—they are all there and more. Emotions play a role in the choices we make and actions we take. Directed emotions can motivate, inspire, and add positive intensity to our work. When strong emotions leave our control, or “run away,” our personal productivity and the productivity of others suffer. Key relationships in our network are damaged, making it even harder to maintain necessary focus. Individuals who take initiative to stay on top of their own emotional reactions and help others do the same have a positive impact on productivity, relationship, the overall atmosphere of the workplace, and their own personal well-being.
- ✚ ***Resolving Conflicts within Your Team*** (duration 4 hrs maximum class size 20*)
This course provides skills for resolving conflicts that hinder team productivity. When individuals work together, differences in opinions, work styles, and personalities will occur. These differences often lead to conflict. Effective leaders understand the impact conflict can have on a team and put processes in place for dealing with it, either by intervening directly or by helping team members resolve conflicts on their own.
- ✚ ***Team Building*** (duration 4 hours maximum class size 25*)
Good teamwork in any organization is vital. It makes things better than almost anything else in an organization. Although talented people are, required in any organization, it's the proper team spirit with which many organizations succeed. Companies might be filled with multi-talented individuals but the problem which underlies the human capital is the ineffective utilization of the resources and lack of harmony in the team. Teamwork involves trust among team members and between management and associates. Team building is a process. When team members know the common goals, their roles and responsibilities, agreed-upon methods for communication including coaching and giving feedback success is inevitable. Participants will discuss how and why teams are formed, how each individual on the team contributes from their areas of strength, the value of cooperativeness, and who loses when a team is unable to work together.

* Recommended capacities allow for maximizing the learning process