

Team Action ®

Team Development

PROGRAM OVERVIEW

The purpose of the Peak Experiences 'Team Action' workshop is to provide an introduction to interpersonal relations and group dynamics using a combination of experiential methods and theoretical frameworks. Participants will have opportunities to increase their understanding of themselves as individuals, to increase their understanding of their own and others' interpersonal styles, strengths and limitations, and learn about the nature of groups as living systems, and the role of individuals within these systems. Most participants increase their abilities to:

- relate more effectively to others;
- appreciate the richness of individual differences which contribute to personal relationships, group dynamics & positive group norms.
- increase trust and support in relationships.

WHAT YOU WILL LEARN

As a participant in the Peak Experiences 'Team Action' Workshop, you will have the opportunity to:

- increase your awareness of how your behaviour affects others;
- increase your communication skills in order to enhance your ability to understand others and be understood personally;
- increase your understanding of individual differences and how to use this diversity to your teams' advantage;
- increase your understanding of interdependence, group development and group dynamics;

“If a group or team is to grow, mature, and become effective, it must develop a sense of identity, awareness of its unique composition, skills, autonomy, and idiosyncratic procedures.”

- W. Brendan Reddy



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PROGRAM CONTENT

"We were impressed with your team approach to delivering our workshop - something in a lesson in itself.

Your research and design of a program tailored to the needs of our complex organization was professional, thorough, and quickly inspired us to trust and respect you.

You have helped us along on our journey and I wish to express my appreciation. I look forward to our next encounter."

Brendan P. McDonald,
Regional Director General,
PWGSC - Atlantic Region

'Team Action' is Peak Experiences most requested program. The two day program provides an informal atmosphere for participants to assess their behaviour and interpersonal styles in relation to others. By participating strengthen your understanding of your strengths and limitations and observe how diversity can assist in the growth of group members as they strive to understand their own group interactions and group processes.

The remainder of the workshop time will be devoted to conceptual understanding, skill development, and many other learning activities, including a focus on concepts and theories to help you apply your learning to your group setting. While all Peak Experiences 'Team Action' workshops are similar in goals and methods, they are designed to be influenced by the unique qualities, interests, skills and goals of participants and staff.

WHO WILL BENEFIT MOST

The 'Team Action' workshop attracts a wide variety of people from various backgrounds:

- ◇ business and industry;
- ◇ government; education;
- ◇ health systems and many others.

The diversity of experience and viewpoints provides a microcosm in which each participant is given the opportunity to experience and contribute to an incredibly rich learning environment.



Peak Experiences - The Learning Company

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