



“THE HIGH PERFORMANCE TEAM IN THE SPOTLIGHT”

A personal, team and collaborative experience

This workshop provides hands-on opportunity for participants to explore the language of teamwork, synergy and collaboration. This day is a challenging shared experience, one that participants will never forget!

Module 1: The Morning Session:

Individual and team theatre based activities, which focus on trust, self-expression, intuition, the individual as part of a team, language of effective teamwork, synergy and collaboration.

Module 2: The Afternoon Session:

Introduces a major team collaborative challenge, where teams work on a shared task in a tight time frame. Participants are encouraged to be aware of behaviours in pressure situations and how these impact on the outcomes. Facilitators observe team dynamics and group problem solving for full exploration and analysis during the debrief.

This is a rigorous, yet extremely rewarding, uplifting experience for all participants!

The Celebration (optional)

Participants view a video of the afternoon experience, including the performances over a drink or dinner. This allows individuals the opportunity to acknowledge and share breakthrough experiences in a relaxed celebratory fashion. This is invaluable for the debrief next day.

The Debrief

In small groups, individuals locate and share the key learnings and “take aways” from the day on a personal, team and business level and the impact of such take aways in the workplace. A plenary completes this session.

The Outcomes

On a personal level:

- A stronger sense of self and personal impact
- The importance of spontaneity and imagination in decision making
- An understanding of behaviours under stress situations and how to manage them.
- An understanding of the importance of congruence in communication
- The ability to express emotions and manage unwanted emotions.
- The ability to draw on and trust instinct in decision-making.

On a team level:

- A unique shared experience!
- Tools of communication for effective teamwork.
- A willingness to take risks in team decision-making.
- The ability to overcome staleness in team decision making
- Creative strategic planning vs. analysis paralysis.
- Dynamic collaboration between teams
- Diversifying talents

On a business level:

- Clarity around strategic issues confronting the group and individuals
- Possible solutions to these issues as presented by the group
- Group action plan to deal with these issues as a result of the debrief





TRAINING METHODS

The workshop can be tailored to:

- Suit executive leadership programs
- Focus on internal strategic issues
- Focus on customer relationship
- Create high performance teams
- Bond new teams as a result of corporate mergers or internal restructuring
- Deal with the difficulties and realities of change

The training session(s) will draw heavily on a series of enjoyable yet challenging interactive exercises, using theatre based learning techniques, individual performance practise and personal coaching to highlight behavioural issues related to the way we communicate and to assist in bedding down skills.

Theatre Based Learning

Theatre based learning uses the fundamental techniques that actors use to develop self-confidence in expressing themselves, self and social awareness, emotional self-management and managing relationships. They allow the participant to experience more “insightful moments” when developing new skills.

Reflection

Participants will be given ample opportunity throughout the session to reflect on their responses to learning, practical experiences and relevant applications of material and skills introduced.

Written Materials/Keeping a Record

Theory and written materials will be provided in a participant workbook, which will also provide specific areas for participants to keep a record of responses to activities and allow them to develop an action plan.

Video Feedback

Video is used to record interactive portions of the session, providing powerful and immediate feedback for participants to reflect on to begin the action plan process.

A DVD copy of the sessions will be available for participants and their managers to monitor ongoing development.

For more information
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