



"TeamPower" Hour Group Coaching

Presented by

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AN AFFORDABLE AND EFFECTIVE WAY TO EMPOWER YOUR TEAM IN THE CRUCIAL SKILLS OF COMMUNICATION AND INTERPERSONAL RELATIONSHIPS

With the pressure and deadlines in today's business environment, teams need to operate optimally.

A high performing team needs :

- ✓ Clear communication amongst team members
- ✓ Effective Interpersonal Relationships within the team
- ✓ A high level of trust. Trust results from, and adds to, clear communication and effective relationships.

The **TeamPower Hour** is a monthly hour long on-site group coaching session where communication and interpersonal skills are taught and practiced through role plays & other forms of experiential learning. The following sessions are covered over a 6 month period:

- **I Know You and You Know me**
Using Johari's Window to increase what is known about each team member, thus improving open communication and the use of each other's strengths.
- **I Hear You**
Learning and practicing different ways questions can be asked to achieve optimal communication.
- **I Understand You**
Learning and practicing the skills of active listening, the foundation of empathy and trust.
- **I own my Actions**
Learning to respond rather than react emotionally. Using the Ladder of Inference to understand how we can "jump to conclusions" and take inappropriate action. Improve responsibility and accountability.
- **I am Calm and in Control**
Using Transactional Analysis to understand the different ego states and what mature adult behavior looks like. Improve emotional self-control.
- **I manage my Time**
Time/Priority Management – using Covey's 3rd habit to achieve balance and optimal performance.

To integrate the learning, each session begins with a short review of team members' application of the previous sessions learning before going on to the new lesson.

The **TeamPower Hour** coaching sessions are paid monthly to create an affordable yet effective way to empower your team.

Get all 6 **TeamPower** hours in a day! **TeamPower Day** is a one day team building workshop.

Build a winning team that achieves and exceeds business goals

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