

## The 1-day team development workshop

### Description

A 1-day event that enables delegates to participate in and learn from a series of exciting team challenges. Delegates are introduced to a practical and memorable model of team working that provides a basis for evaluation of personal and team performance. Each challenge is followed by a discussion of team performance where further elements of the team working model are introduced. The team identifies and applies performance improvements during the next exercise or considers how the experience relates to their workplace performance. Throughout the day participants are guided, observed and coached by experienced team building tutors and motor sports instructors.

### Outcomes

Outcomes for participants can include:

- Enhanced ability as a team member or team leader
- A greater understanding of the dynamic nature of effective team working
- Awareness of a greater range of techniques that produce better team performance
- A framework for evaluating personal and team performance
- A memorable personal and team experience

### Timing

Location	Time	Description
Training Centre	8:15	Refreshments available as delegates arrive
	8:30	Introduction and overview of the day, the team development process and models.
Pit-lane garages	9:15	Team exercise (Pit exercise)
Training Centre	10:15	Exercise debrief and discussion of team performance and types of teams.
	11:00	Break
Circuit locations	11:15	Circuit-based team exercises, Part 1.
	12:20	Exercise debrief and relating key points to workplace.
Training Centre	13:00	Lunch
	13:40	Circuit-based team exercises, Part 2.
Circuit locations	14:40	Exercise debrief and discussion of key learning points to day-to-day work.
	15:20	Circuit-based team exercises, Part 3.
Training Centre	16:15	Performance review of final circuit-based exercise.
	16:45	Transferring today's learning – creating successful work teams.
	17:30	Close