



The Healthy and Cohesive Team Course©



We exist to empower leaders and teams to breakthrough and achieve their potential!

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The Healthy and Cohesive Team Course©

Do your leaders and team members need to develop and grow their healthy and cohesive team culture?

Team health is crucial for any organisation seeking growth. Patrick Lencioni, a world-renowned expert on teams, argues that team health is the single most significant advantage for any organisation. Although team members are technologically interconnected, there are often silos within teams and departments. Lack of collaboration or poor communication leads to team problems and failures. Teams usually succeed or fail based on communication and trust levels. Team health is ignored for a variety of reasons:

- Team members have never been trained.
- Teams are consumed by KPIs and immediate outcomes.
- Leaders and Managers feel they are too busy for this type of training.
- Teams have typically focused their off-site days on team bonding activities instead of specific team health training.



A Healthy and Cohesive team is where team members appreciate that everyone contributes with their piece of the puzzle. Team members are performing in their roles while also supporting and collaborating with others. The Healthy and Cohesive team cultivates a culture of empowerment and trust, and this directly affects productivity, strategy, client interactions, employee retention, organisational values alignment, and more.

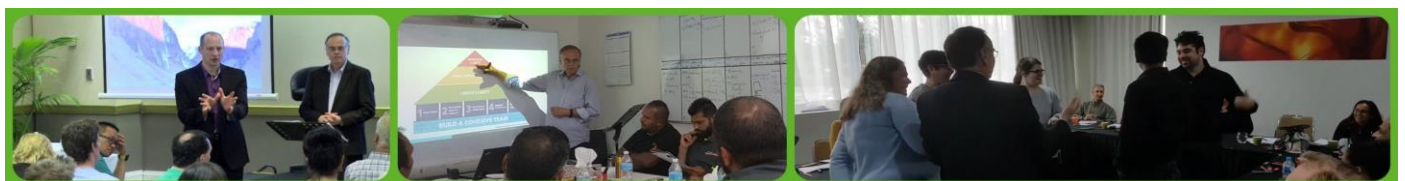


A thriving team has a pulse on the importance of culture, trust, healthy conflict, accountability, commitment, and results. Now let's take your team(s) to new heights!

We have built this training over the past 10 years and have led it with teams around the world. We credit Patrick Lencioni and the Table Group and their '5 Dysfunctions of a Team' and 'Advantage' books/tools for some aspects of this training. Participants will gain insight and coaching in their 5 Team Dysfunction behaviours through the questionnaire that they take before or during the training. The training room experience is a mix of learning, coaching, facilitated discussions and small group activities. We can deliver this course for teams or alternatively we can deliver this course for leadership groups.

This Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- Know the dynamics and importance of teamwork and what is needed to lift the effectiveness of your team. Participants complete their 5 Dysfunctions of a Team© Assessment and unpack the results. Optionally participants can complete The Team-based Assessment for Leaders, Managers and Team Members (by The Table Group.)
- Learn how to work together effectively, appreciating each other's strengths, values, and weaknesses.
- Discover new ways to navigate conflict and overcome the behaviours that damage teams.
- Shift the culture of your team through intensive work on The 5 Functions of a Healthy and Cohesive Team.
- Participants will learn how to; trust each other, master the art of disagreement, commit to agreed action plans, set accountability processes, and focus on collective team results.
- Understanding the dynamics of empathy, Emotional Intelligence (EQ) and Social Intelligence (SI) on the Team.
- Create a Team vision that is "owned" by everyone on the team and establish strategies to implement it.
- Develop skills with problem-solving, brainstorming, and effective decision-making.
- Optional – create your teams Healthy and Cohesive Team Charter.



The overall training/coaching is aimed to help leaders and team members develop and grow their healthy and cohesive team culture. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter.
- We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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