

# Aligning Teams for Peak Performance

## Skills for Success



9070



In-Class



8 hours

### Course Description:

This course offers an in-depth exploration of group dynamics, focusing on how individual behaviors and interactions influence team performance and effectiveness. Participants will gain a solid understanding of the core principles of group behavior, the stages of team development, and the diverse roles individuals assume in collaborative environments. By examining real-world scenarios and team experiences, learners will be better equipped to contribute to and lead high-functioning teams.

### Target Audience:

Anyone in Collaborative Roles.

### Course Objectives:

**By the end of the course, participants will be able to:**

- Understand the role of groups within the organization and the phases of group socialization.
- Explain the stages of group development & the difference between groups and teams.

### Course Outline:

#### Module 1: Understanding Interactions and Impact

- Group Dynamics and the Organization
- Group Performance Factors
- Group Socialization
- Group Cohesiveness

#### Module 2: The Journey to Team Success

- Stages of Group Development
- Communication within Groups
- Groups V's Teams
- Belbin's Management Team Roles

### Assessment Strategy:

Participants will be informally assessed based on their interaction during sessions and their participation in group exercises.

### Upon Successful Completion of this Course, participants will obtain:

0.6 CEUs

### Course Language:

English Material  
Bilingual Explanation

### Prerequisites:

N/A