Happiness-centric...
META MIND TEAM BONDING
WORK WELL WITH OTHERS

"Relationships should be about 'giving'.
And when everyone is giving, the 'getting' happens automatically."
-Avinash Ananda

WHY
this program

People's happiness and effectiveness are strongly affected by the nature of the people they have to interact with on a regular basis, i.e. the team that they are in. Many important decisions are made in team settings, and people in all areas of the organization are impacted by the quality of team bonding and team work. Building effective teams and knowing how to work well in a team are skills we should all grow and develop. The aim of this program is to demonstrate how to create a more cohesive and mutually supportive team with high standards of performance, superior problem-solving ability and mutual respect for and sensitivity towards individual differences.

This program shows you how to get the best from a wide variety of people who need to work together by being an integral part of the team. You will adopt the mindsets and learn essential skills to lead (even without formal authority, position or a title), organize, motivate and work better in teams in order to achieve outstanding performance results through the effective application of fundamental human team management principles.

YOU
will learn

- To identify the key values, attitudes, beliefs, qualities and skills for personal and professional excellence in teams
- Meta Mind Teams Model™
- Meta Mind tips and techniques for effective Team Bonding
- The importance of alignment of values and vision within the team
- To appreciate and celebrate individual personality differences
- To evaluate yourself as a team player based on the Framework of Meta Mind Leadership Competencies
- To understand the balance and focus of tasks as a team
- To understand and assess critical factors in team tasks and how teams can effectively use group resources
- Key dysfunctions of a team
- Stages in Team Development: Forming, Storming, Norming and Performing
- To identify team strengths and development areas
- To promote motivation & cooperative team behavior

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