



Power of Teamwork *FUN*-damentals – Course Outline

This program is a highly interactive & practical experience that encourages team members to step into their strengths and truly understand what is required to operate as a high functioning team. Participants will engage in problem-solving initiatives that focus on collaboration, communication, leadership and strategic thinking. Participants will explore how they approach tasks, work through problems, and react to challenges and how they can improve back in the workplace.

Learning Outcomes:

By the end of this module, attendees will be able to:

- Understand the differences between ineffective & effective team behaviours.
- Respond to others more effectively and work to resolve differences.
- Approach tasks in the workplace more effectively.
- Better understand how to leverage their personal strengths.
- Build confidence around their ability to be an effective team member.

Agenda:

- Opening Activity - 2B or Knot 2B
- Introductions, Objectives & Agenda
- Personal Objectives – Concentric Circles
- Initiatives with Frontload & Reflection
 - Traffic Jam
 - Lines of Communication
 - Circles of Influence
- Reflections & Action Items

Delivery Method:

Delivered in a classroom setting where participants are immersed in the concepts from start to finish.

Assessment Methods:

Participants are assessed on their attendance, participation and completion of all course components; including discussions.

Module Hours & Duration:

1 - 3 Hours over the course of 1/2 day

Total cost:

\$75.00 + GST per participant for 3 hours (\$25/person/hour)

Facilitators:

Tara-Lee Goerlitz, B.Comm

CEO & Lead Facilitator/Trainer - NexLevel Challenge Ltd.

Tara-Lee is an Advanced Certified Associate for Emergenetics Canada & Certified Challenge Course Practitioner through ACCT. Tara-Lee's primary role is training & facilitating workshops and advising organizations on best practices to develop high performing & engaged teams. In this capacity, she helps organizations address challenges such as communication, change management, leadership development, fostering a culture of collaboration, alignment, trust, and developing dynamic teams.

Tara-Lee is an experienced professional learning leader and facilitator of team effectiveness & culture development and her 20 years of business experience and proven performance solutions have helped a variety of businesses maximize their potential and create performance breakthroughs.

Tara-Lee is a member of the Strategic Capability Network and the Women's Executive Network and is a mentor with U of C's Haskayne Mentorship Program.

Troy Fredeen

COO & Challenge Course Manager - NexLevel Challenge Ltd.

Troy co-facilitates Team Training workshops and partners with organizations to embed the Team Training and productivity concepts into organizations.

With over 10 years' experience in banking, auditing and management, Troy understands the unique challenges faced by teams in the corporate world. With a passion for detail and with technical expertise, Troy manages all aspects of our Challenge Course. He is responsible for the equipment, training, ongoing course inspections and all local operating procedures.

Troy obtained his Agricultural Business Diploma in Finance from Olds College and over the past 15 years has furthered his education through the Athabasca and Dalhousie Universities to obtain his Fellow of the Credit Union Institute of Canada designation.

Troy holds his certification in American Red Cross Wilderness and Remote First Aid, CPR/AED for the Professional Rescuer and is professionally certified as a Level 2 Challenge Course Practitioner.