



SELF & TEAM AWARENESS

Gaining True Perspective

Self and team awareness is critical for building and maintaining effective teams. Through an enhanced understanding of our own personality, behaviour and motivations, we are able to appreciate how our roles within a team impact the performance of others.



WHY ATTEND SELF & TEAM AWARENESS?

GRA's Self & Team Awareness programme ensures that members of a team are able and encouraged to 'look in the mirror', improve their self-awareness and understand how to become a high performing team.

Through personality profiling, team development theory and practical exercises which bring the theory to life, delegates learn how their own personality and behaviour impacts on others and the complementary styles required to create consistently better results.

WHO SHOULD ATTEND SELF & TEAM AWARENESS?

Whether you are a relatively new team looking to understand how to work best together, an established team wanting to take things to the next level or a remote team trying to maximise team effectiveness, Self & Team Awareness is perfect for you.



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WHAT ARE THE BENEFITS OF SELF & TEAM AWARENESS?

Delegates will return to the workplace with:

- Increased self-awareness of their own profile, team contributions, behaviours and how they impact the performance of others
- Personal feedback from a variety of questionnaires, tools, techniques and practical exercises and how these can be used to improve individual and team performance
- An increased knowledge of other team members and a more effective team/network across the business
- An understanding of personal motivation and the motivation of others
- Personal action plans and on-going support to implement their new skills

ORGANISATIONAL BENEFITS

- Increased effectiveness of teams and leaders for improved performance
- Enhanced awareness of how to recruit, build and maintain a high performing team
- Empowered employees able to tackle issues more effectively
- A common language focused on people development

KEY MODELS & TOOLS

- Belbin® Team Roles - Individual, Team and Working Relationship Reports
- Identifying Behaviours of World Class Teams
- Practical Exercises
- Indoor/Outdoor Experiential Tasks

ATTENDING SELF & TEAM AWARENESS

The programme is available through the following delivery options:

- In-house at a location of your choice
- In-house at one of GRA's Outdoor Learning Centres
- Online via a Live Virtual Classroom

The online delivery option also includes access to GRA's Learning Experience Portal (LXP). The LXP provides learners with a comprehensive suite of resources and collaborative learning tools to support their development and complement our live trainer experience. It can also be included as part of other delivery options to create a blended learning experience.

BELBIN® TEAM ROLE REPORTS



CONTACT US

For further information on GRA's Self & Team Awareness programme please contact us via:

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About GRA. We are a market leader in the design and delivery of innovative people and organisational development programmes in the areas of leadership, teams and behaviour change. Over the last 30 years, we have trained thousands of people in hundreds of organisations across the globe, helping people to release the potential of individuals, teams and organisations. www.gra.uk.com

