

PERSONALITY ENHANCEMENT TRAINING

Team Building Skills

Build stronger teams, improve collaboration, and achieve success through effective teamwork.

3-Phase Program

Certified Trainers

500+ Students Trained

About the Course

In today's workplace, success depends not only on individual performance but also on how effectively people work together as a team. Strong teams communicate better, solve problems faster, and achieve goals more efficiently.

This course is designed to help students, professionals, and organizations develop high-performing teams through practical learning and interactive activities — focusing on communication, collaboration, leadership, trust, and conflict resolution.

By the end of this course, you will be able to work confidently within a team, build stronger professional relationships, resolve conflicts effectively, and contribute to a positive, productive work environment.

3

PHASES

5 Hrs

CONTENT

Live

INTERACTIVE

Yes

CERTIFICATE

Who Should Join

This course is ideal for students, working professionals, team leaders, managers, entrepreneurs, and organizations looking to improve teamwork and collaboration. No prior experience needed.

What You'll Gain



Improve communication and
collaboration



Build trust and stronger
workplace relationships



Develop leadership & team
management skills

Course Structure

Phase 01 · Leadership & Team Fundamentals

This phase covers the fundamentals of teamwork and leadership — how successful teams function, the responsibilities of a leader, and how personality differences influence team performance.

WHAT YOU WILL LEARN

- Role of the Leader
- Building High Performance Teams
- Leadership Styles
- Personality Styles
- Self-Appraisal
- Setting Team Objectives
- Effective Communication within Teams
- Team Building Exercises
- Successful Team Decision Making
- Providing Vision and Creating Enthusiasm
- Delegation

Phase 02 · Experiential Learning & Team Activities

This phase focuses on learning through practical experiences instead of classroom theory, including both In-House and Outbound Training for real-life team-building.

WHAT YOU WILL LEARN

- Activity-based experiential learning
- Collaborative team exercises
- Workplace role plays
- Learning through discovery
- Team challenges in unfamiliar environments
- Trust-building activities
- Group problem-solving exercises
- Interdependence and collaboration
- Leadership under pressure

Phase 03 · Advanced Team Building & Collaboration

This phase develops advanced teamwork skills that help teams perform at their highest level, focusing on strengthening collaboration and long-term workplace relationships.

WHAT YOU WILL LEARN

- Communication Strategies
- Conflict Resolution
- Goal Setting
- Motivation Techniques
- Understanding Team Development
- Problem Solving
- Building Trust
- Improving Team Communication
- Increasing Team Synergy
- Celebrating Team Success

What Students Say

"The activities made us realize how important communication and trust are. Our entire team started working much better after the training."

Karan Singh

Operations Manager

"The outbound activities were fun and challenging. They helped us improve coordination and teamwork in a practical way."

Rahul Mehta

Project Engineer

Frequently Asked Questions

How long is the course?

The program is delivered through a structured 3-phase training model with interactive sessions, activities, and practical exercises.

Is the course practical or theoretical?

The course is highly practical and includes role plays, team-building exercises, case studies, simulations, and experiential learning.

Will this course help managers and team leaders?

Yes. The course develops leadership, delegation, communication, motivation, and conflict resolution skills essential for effective team management.

Will I receive a certificate?

Yes. Participants receive a Course Completion Certificate after successfully completing the training.

Ready to Build High-Performing Teams?

+91 9036111000 | groomxfa@gmail.com | groomxfinishingacademy.com