



## **Team leader Development Programme – 5 day example**

A comprehensive training including a 1-1 initial scoping and orientation session, 5 days training and a follow up of 2 coaching sessions (2 hours), all within 'learning set' model.

### **For Whom**

Ideal for those new to a team leader role or those looking to refresh, update and go beyond their current understanding of leadership. Primarily focussed on accelerated personal development and people skills, the programme gives a distinct understanding of how the mind works to develop emotional resilience, mental clarity and creative problem solving.

### **Outcomes**

- Develop unshakable confidence and clarity of role
- Demonstrate a high level of problem solving skill
- Develop a deep understanding of the role of state of mind in getting results.

### **Content**

#### **Workshop 1 – Exploring Management and Leadership Qualities**

- CEO Introduction to the Programme (optional and recommended)
- Establishing outcomes for the programme and understanding working in an action learning set
- Communication model
- Pure listening- listening with a quiet mind
- Language patterns and influencing skills

#### **Workshop 2 – Accelerated Personal Development**

- Effective time management
- Managing personal energy
- Developing resilience to change
- Developing self confidence
- Dealing with chronic stress – self and others

### Workshop 3 – Building Effective Teams

- Self-assessment of effective teams
- Understanding team dynamics
- Building working relationships
- Giving constructive feedback on performance
- Applications to appraisals and developmental reviews

### Workshop 4 – Leadership

- Developing talent – coaching skills and beyond
- Thinking differently
- Accelerating learning
- Applications back to the workplace
- Presentation skills masterclass

### Workshop 5 – Evaluation and Presentation

- Feedback, consolidation of learning and trainer input on deepening understanding of the inside-out approach.
- An opportunity to summarise and evaluate the effectiveness of the programme to results
- Delivery of presentations to the Senior Management Team on learning and ideas (optional and recommended).

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