

Team Essentials

Effective team development in a virtual setting



When you participate in our virtual Team Essentials program, you will be introduced to tools and frameworks that allow your team to work at an expanded level of performance together.

Components of the Team Essentials Virtual Program:

- A confidential team survey prior to the first virtual session
- Eight to twelve hours of virtual delivery - cadence of sessions to be determined
- Planning time to partner virtually with you, the team leader, in distinguishing your team's unique needs
- Skilled online facilitation of your Team Essentials experience
- Electronic participant materials included

Results to expect:

- Build greater trust and loyalty among team members
- Get better at communicating with one another
- Discover the power of emotional intelligence and self-awareness for team performance
- An experience of peer-to-peer learning

To Get Started:

- Email info@henleyleadership.com to set up an initial consult
- Schedule a 30-minute call to learn more
- Start our work together!

Team Essentials Overview

SESSION 1 - Laying the Foundation with a Powerful Model for Teaming

- Agreements for productive engagement
- Introduction to a model for teaming
- Review of pre-work and team assessment debrief
- Full engagement discussion of the assessment results
- **Outcome:** A shared framework for teaming; agreements for moving forward

SESSION 2 - Developing Trust and Respect

- Deepening our understanding of each other and our individual values
- Creating team values for high-performing teams
- **Outcome:** A shared set of team values

SESSION 3 - Team Blind Spots Work

- Understanding neuroscience and how your stress-based reactions came to be
- Exploring the cost of your stress-based reactions
- Tools to reset quickly from engaging a stress-based reaction and return to more productive ways of responding
- **Outcome:** Heightened emotional intelligence and sharing of information about stress-based reactions. Reduced churn and wasted energy

SESSION 4 - Shifting the Focus from Problems to Outcomes

- Learning a model for shifting perspective
- Moving a real-life workplace challenge from problem to solution
- **Outcome:** A simple and practical application for problem solving as a team

SESSION 5 - Impactful Listening

- Practicing an effective feedback model
- Learning to foster inclusion by listening with curiosity to seek to understand another's point of view and set aside judgements of ourselves and others
- Gain insight and empathy into what another is experiencing
- **Outcome:** Experiencing the power of effective listening and the difference it can make for your team

SESSION 6 - Engaging the Power of Appreciation

- Increasing engagement and performance through appreciation
- **Outcome:** A fully-engaged team that utilizes appreciation as a tool for motivation, energy building, and collective results