



# TEAM STRENGTH: TEAMBUILDING, GROUPWORK & LEADERSHIP

## Objectives

The objectives of this course are:

- Understand the components of strong teams and their DNA that allows them to work well together
- Debate and go deeper into the concept of leadership and what makes a good leader- replicate this back in your schools and home countries
- Engage in practical activities to stimulate the use of the theory we learn about teams- different group roles, personalities, and conflict
- Self-awareness and knowledge about yourself as a team member; your best strengths and understanding your limitations and those of others to increase empathy and understanding when conflict and difficulties in teams arise
- Have specific theory related to techniques to implement and replicate this back home with your teachers, students, and teams!!

## Target Group

This training course is addressed to teachers in general, especially teachers that have felt frustration or lack of motivation when it comes to working in teams with their colleagues or creating teams amongst their students. The course is recommended for primary and secondary teachers, university teachers, VET teachers, private class teachers, as well as all educators who must work in teams and want to improve both their skills and the skills of their students working in teams as well. The most important component of this course is that the teachers are interested and excited to better themselves regarding leadership and teamwork!

## Language of course

This course will be provided in English. The trainer has many years of experience working with students and teachers who do not speak English as their first language. The language level will be adapted according to the level of comfort of the participants. Emphasis will be placed on non-verbal communication as well through gestures, smiles, and movement.



## Methodology

The approach used is highly practical and based on the previous professional experiences that the trainer has been accumulating in both the teaching and coaching fields. This course focuses on engaging the participants in an active way through practical implementation of techniques and planning. We will always have an educational component behind the concept of leadership and teamwork, but the focus will be placed on putting into practice what we are learning, so it can be replicated in your home country. This course requires the active participation and interest of the group members to achieve the most satisfactory results!! Throughout the week you will have small challenges' that will be fun and intriguing, to get you to work with other people and practice what you are learning. There will always be room for changing the organization of the days, based on the needs of the participants as they arise.

## Program

### Day 1 – 4 hours

#### Leadership Analysis

- Welcome meeting. Presentation of programme.
- Introduction to the course, presentation of participants and sharing expectations
- Introduction of challenges for leaders and teams throughout the week
- Consistency activities for leaders and groups
  - EGOSCUE exercises
  - Crappy/Happy
  - Jar Daily Questions
- Social self-awareness COMPASS POINTS
  - Understand how you initially react to conflict or to solving a problem- example COVID
- Push and pull factors of motivation
  
- City tour in Valencia – 1 extra hour

#### Learning Outcomes:

- ✓ Facets of leadership and motivation- deeper discussion to understand how these work
- ✓ Simple consistent activities that can be replicated within the classroom back home
- ✓ Learn how to encourage increased motivation due to understanding the people you have in front of you based on their direction and natural inclination



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Day 2 – 4 hours

Social Abilities in Groups

- KINRGY exercises to start
- COLORS OF LEADERSHIP
  - Member identity within the group based on specific colors
  - Linking direction with color
  - Strengths and downfalls of each color
- Group Identity and Beliefs
  - Emotional Triad- meaning and emotion within a group
  - Belief Success Cycle-downward and upward cycles and how to change this

Learning Outcomes:

- ✓ Increase empathy through understanding ourselves better and others as components of a team with what our strengths and limitations are
- ✓ Understand the emotional triad and how good leaders and teams use this to their advantage
- ✓ Understand and implement belief success cycle-update our beliefs like we update our technology

Day 3 – 4 hours

Group Dynamics and Analysis- Creating Group Identity

- Body scan to start standing up
- Group Work Challenges- identity of group
  - Values Education
    - Mission, Vision, Values- personal and group
  - GROUP DNA
    - Language component- NOT YET safe words
    - Green lines and red lines
    - Rules of the game
    - Project Aristotle components of teams
    - Neuroplasticity
    - GRIT concept in education
    - Emotional Bank Account
  - Let's Draw, Joint Writing, Guide Me, Sandwiches and Hamburgers, Points of View (varied activities to have fun and work in teams together)

Learning Outcomes:

- ✓ Understand the components of group DNA the impact of movement, language and focus on the group. Go deeper into Project Aristotle components of successful teams
- ✓ Engage in new creative activities to understand your team role and the roles of others



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- ✓ Go deeper into the concept of values education and analysing this within our schools and updating it as necessary

**Day 4 – 4 hours**

**Self-Awareness and PLANNING**

- White Screen technique from MasterCo for leaders- manage our stress
- Leaders Step Up Challenge
  - Leaders do what they say they will do- everyone is a leader
- Self-Talk Practice
  - Learning about the way we show up for ourselves
- Tony Robbins Rapid Planning Method and 'chunking' to create a plan for your teams and your leaders to bring back to your schools!

Learning Outcomes:

- ✓ Understand the complexities of being a good leader or someone people look to
- ✓ Take on new challenges and commit to accomplishing them
- ✓ Learn a simple straight forward way to organize yourself and bring this plan back to your home country

**Day 5 – 4 hours**

**Professional visit, Evaluation, Certification and Farewell**

- Visit to a school
- Evaluation and certification
- Farewell activity

Learning Outcomes:

- ✓ Foster intercultural exchanges between different cultures and countries
- ✓ Go deeper into how to give and receive feedback
- ✓ Engage in a process of self-reflection through open conversations and new cultural experiences

**Quality Commitment**

ESMOVIA, as course provider, commit to respect and follow the quality standards for courses under Key Action 1:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/quality-standards-key-action-1>

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Training and Mobility

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### Fees

Course fee: 435,60 €/participant VAT included. Possibility of invoicing 360,00 €/participant if sending organization has Intracomunitary VAT number. The price includes:

This amount includes:

- Preparation for the course
- Tuition
- Training materials
- Administration costs
- Organizational costs
- Professional visit to school
- City tour in Valencia
- Farewell activity

### Requirements

Minimum of 8 participants. For smaller groups, contact us.

### Dates

You can find the dates of the course on this link (you have to click on "I'm interested" to see the different sessions scheduled)\*: <https://school-education.ec.europa.eu/en/professional-development/courses/team-strength-teamwork-groupwork-and-leadership>

\*The course will take place if the minimum number of participants is reached.

Please contact us for any other dates.

### Courses in ESMOVIA

You can also find a list of all the courses we organize in ESMOVIA on this link: <https://www.esmovia.es/en/training-and-mobility/teachers/professional-development-courses/>

### Contact

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