

1 DAY

LEADING TEAMS



Management & Leadership Course

LEARNING OUTCOMES

- Assess their team's development stage and apply strategies to strengthen team effectiveness.
- Build and maintain trust to improve collaboration, morale and performance.
- Manage conflict constructively while reducing unproductive or harmful behaviours.
- Understand the seven bases of power and use influence in ways that enhance credibility and team impact.
- Apply a range of leadership styles to suit the situation, support the team and achieve results.

COURSE OVERVIEW

Leading a high-performing team requires clear communication, strong leadership and the ability to guide people through challenges and change. This course equips leaders with practical tools to build cohesion, strengthen trust, address conflict constructively and support team development at every stage. Through discussion and practical application, participants learn how to motivate teams, navigate dynamics, use influence effectively and create an environment where people collaborate and deliver consistent results. It is ideal for leaders, supervisors and managers looking to enhance team performance, resilience and alignment around shared goals.

TOPICS COVERED IN THIS COURSE

Evaluating Team Effectiveness

Gain clarity on how your team is functioning and identify opportunities to enhance overall performance.

Understanding Team Dynamics

Use the Tuckman model to recognise your team's development stage and apply strategies that support progress.

Five Dysfunctions of a Team

Explore the core behaviours that enable effective teamwork and understand how the absence of these behaviours creates dysfunction.

Building Trust

Learn why trust underpins team success and discover approaches to strengthen trust and connection.

Managing Conflict Within Teams

Develop proactive strategies to minimise destructive conflict and facilitate constructive, solution-focused discussions.

Leadership Power and Influence

Examine seven sources of leadership power and identify how to use influence ethically and effectively.

Adapting Leadership Styles

Understand how to adjust your leadership approach to meet the needs of your team and situation while building engagement and achieving outcomes.

Personal Action Planning

Create practical goals and habits to strengthen your leadership approach and support your team's ongoing success.