

Teamwork and Collaboration

How do Formula 1 pit crews work together to change 4 wheels in under 2 seconds?
How do jazz musicians work so effortlessly to improvise new music every night?
These are just two examples of superb teamwork and collaboration.

This workshop will introduce you to the hard-earned secrets of top-performing teams and brilliantly creative collaborators.

Aim

- to have a direct visceral experience of good teamwork
- to understand the requirements of flexible and efficient teams
- to learn the difference between teamwork and collaboration, and be able to do both
- to develop flexibility in the face of changing circumstances
- to acquire techniques for creative group problem solving

Methodology

Applied Improvisation takes concepts, ideas, and techniques from the world of improvised theatre, and applies them in other settings. It uses the associated principles, practices, skills and mind-sets to enable and encourage corporate and personal change. It is effective, experiential, accelerated learning that inspires, educates, and engages. It's not about being more extravert or funny. It is about acquiring a set of incredibly useful personal and interpersonal skills.

Workshop methods and tools

The workshop will comprise a series of exercises in pairs, small groups and whole-group, interspersed with ample time to actively reflect upon the learning, and apply it back to the workplace.

Sample programme

10.00 Registration/Introductions

10.15 Effective Teamwork

- exercises in pairs, small-groups and whole group, highlighting individual behaviours, attitudes, and mind-sets that help and hinder group performance
- exercises pairs, small-groups and whole group, demonstrating the elements of secure and confident leadership, the power of positive followership, and the value of moving between the two as needed for smooth team operation.
- reflection time – how does this apply to the workplace?
- Group discussion – learning points and application

11.30 Tea Break

11.45 Teamwork vs Collaboration

- group exercises to differentiate between teamwork and collaboration, to identify the function and requirements of each.
- reflection time – how does this apply to the workplace?
- Group discussion – learning points and application

13.30 Lunch

14.15 Flexibility and resilience

- exercises to work the muscle of coping with the unexpected, and dealing with the reality that actually presents rather than that wished for.
- exercises demonstrating resilience in action, and ways to reframe the inevitable failures that will occur.
- reflection time – how does this apply to the workplace?
- Group discussion – learning points and application

3.45 Break

4.00 Creative group problem solving

- Simple techniques that lead to easy and effortless creativity, problem solving, and collaborative solution-focused action.
- reflection time – how does this apply to the workplace?
- Group discussion – learning points and application

4.45 Final plenary and feedback

5.00 End