

TEAM BUILDING WORKSHOP: THIS IS ME: WHO AM I AND HOW DO I FIT IN?

How do you manage when either you or one of your employees doesn't feel like they are part of the team? It is important to be yourself, to be real, however, we never want anyone to feel like they do not belong or have a significant role to play as a team member. Authenticity is paramount to function at the highest level.

Some individuals feel like they don't fit in and struggle to relate to others. Attempting to fit in or be similar to others can be uncomfortable and challenging. This workshop will provide suggestions on how to be authentic and be appreciated for who you are.

A strong focus on self-awareness will strengthen participants' resilience and understanding of their ability to accurately perceive their emotions and focus on them as they occur. They will learn to use awareness of their emotions and others to successfully interact with their team.

A variety of self-awareness strategies will be practiced independently and in small groups to provide opportunities for all team members to become more self-aware and understand their role as a valuable team member. In addition, this workshop will help establish ways to assist employees that are struggling with 'fitting in' with your team, by finding solutions for them.

Duration: 1 - 3 Hour Sessions

All workshops can be customized to 90 min, half day, full day, multi-day and lunch N' Learn formats.

What Participants Learn:

- Become more self-aware
- Recognize emotions and focus on them as they occur
- Work cohesively with your team
- Communicate effectively
- Increase productivity

Workshop Formats:

- Interactive informal presentation
- One-on-one consultations
- Small group consultations

Marshall Connects Workshops

In our experience, we have found that individuals and companies that value team building are more successful and results oriented. If you take care of your strongest assets - your employees; they will be more productive, and take good care of your clients and all other stakeholders. Strong teams not only boost morale of employees, but they have the potential to increase your business success.

Marshall Connects Team Building Workshops offer unique ways to assess your team, increase productivity, all of which providing concrete information for moving forward in a more strategic way. Improve the effectiveness of your employees with our Team Building Workshops.

