



Team Building Training Course Brochure

1 Day Practical Workshop



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The Right Fit.....For You

There are many benefits to building a positive team, the main one being that people are more creative and productive when they're part of a happy, healthy group.

By taking part in this course we will help learners understand the importance of working together as part of a team, discover how teams evolve and how to support each other because everyone's role within a team is important. It will also help learners improve their communication skills, play to their different strengths and improve their team's performance through team-building activities.

The course is structured so that learners receive a strong element of practical activities and exercises. This helps to reinforce the theoretical content, thus equipping learners with the fundamental aspects of teamwork.

Sample Activities and Exercises Include: Icebreakers; Back-to-Back Drawing; Survival Scenarios; The Blindfold Game; Build a Bridge; Mine Field; Human Spring; Lego Tower Challenge

Below you will find a proposed outline.

Our trainer will also work with you before the workshop to get your input and tailor the content as needed.

"Everyone thought Andrew was great and the course really developed their skills as internal trainers."

Dearbhla Casey, HR Manager, Irish Country Meats



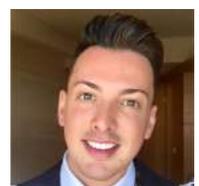
"We are all very happy with the training carried out last week & will definitely be in contact in the future"

Aoife O'Rourke, Key Account Manager, Tool & Plastic



"Great exercises, very relaxed and great models to explain, learning process and delivery of the information."

Jonathan Latimer, Fleet Training Instructor, City Jet





Why Choose DCM Learning

At DCM Learning we have a strong culture of working in long-term relationships with our clients. Although it's a bit of a cliché, we strongly believe that our client relationships are partnerships and that's the best way for our clients to get the best results.

Specific reasons to choose DCM:



Support: 15 full-time training consultants plus support staff (21 in total). We are large enough to be well resourced but small enough to care.



Experienced: We have many years' experience providing customised training programmes for small and large companies. Last year, we delivered onsite training with 521 companies.



Excellent Trainers: Our trainers combine professional training know-how with relevant experience in their chosen training field



Quality Assured Training: Make sure you Safeguard Your Training Investment. DCM offer courses accredited by the following national and international certification bodies.



You're in Good Company

We have worked with the biggest brands in Ireland including Drury Court Hotel, Harbour Hotel, Trinity City Hotel, Trump International Hotel and Golf Club and City North Hotel so you can have confidence in our ability to deliver the results you want to achieve.





Team Building Course Outline

COURSE OVERVIEW

Our one day team building training course is designed to encourage a more positive and productive approach to teamwork. During the course, we will examine the characteristics of effective teams, dealing with conflicting personalities, appreciating diversity and the key factors for team development.

By taking part in this course we will help learners understand the importance of working together as part of a team, discover how teams evolve and how to support each other because everyone's role within a team is important.

LEARNING OUTCOMES

By the end of this course each learner will be able to:

- Appreciate the value of working as a team
- Identify ways to develop team norms, ground rules, and team contracts
- Know how to identify their team player style and how to use it with their own team
- Identify techniques for building team trust
- Understand the stages of team development and how to help a team move through them
- Know the critical role communication skills will play in building and maintaining a team atmosphere
- Identify ways that team members can be involved and grow in a team setting

Below you will find a proposed course outline detailing all the topics covered on the training programme.



Course Content

TOPIC 1: WHAT MAKES A SUCCESSFUL TEAM?

- Understand the characteristics of a successful team
- The benefits of Teamwork and the importance for team building
- Identify your role within the team

TOPIC 2: ESSENTIAL TEAM COMMUNICATION SKILLS

- The basic principles of communication
- Recognising and overcoming barriers to communication
- Getting your message across
- Listening skills
- How to ask the right questions

TOPIC 3: THE STAGES OF TEAM DEVELOPMENT

- How to grow and evolve as part of a team
- Understand team dynamics
- Know the vision of the team
- The five stages of team development - forming, storming, norming, performing, and adjourning

TOPIC 4: WORKING AS PART OF TEAM

- Working toward a common goal or purpose
- The importance of playing to people's different strengths and skills
- Interdependence and the importance of trust within the team
- Explore some ways to establish and build trust with the team



Brendan Murphy

Training Associate

Brendan is an accomplished training consultant with a thoughtful and thought-provoking approach, yet he is entertaining and engaging. He has long experience of group facilitation in a variety of settings with a knack for individual performance improvement.

Brendan brings his vibrant enthusiasm for training to every course he delivers. His resulting style is participative and inclusive, which empowers learners to develop their skills and achieve great results from training.

Some of the areas Brendan specialises in are: Communications, Effective Writing Skills, Public Speaking, Management and Minute Taking.

Some of Brendan's qualifications include:

- FETAC Level 6 Train the Trainer with Distinction
- Diploma in Business & Executive Coaching, Smurfit Business School
- Higher Diploma in Education, St. Patrick's College, Maynooth
- BA in English and Theology, St. Patrick's College, Maynooth

"Many thanks for this and for your excellent facilitation of the session. My colleagues and I were very pleased with the programme and several of them asked me to commend you for the way in which you managed the morning."

Graeme M. Warren, Head of School of Archaeology, UCD





Andrew Woods

Training Associate

Andrew is a Trainer, Consultant and Executive Coach with expertise built through a 20-year successful track record in Leadership, Team Development, Communication Impact and Customer Service Excellence. He is dedicated to providing impactful and sustainable workplace learning by creating authentic and practical learning experiences for clients. He is an Executive / Team Coach and Business Mentor for any size organisation.

His senior management career background provides a solid platform for all his interventions. He is a natural communicator who imparts his knowledge with humor and enthusiasm, encouraging and supporting individuals, teams and organisations to excel.

He has accumulated a wealth of business knowledge and experience across many sectors in local and international markets and has successfully delivered projects and interventions on 4 continents including UK, Australia, New Zealand, USA, Germany, South Africa and Ireland.

Some of Andrew's qualifications and affiliations include:

- A member of the IITD and ICF, he has an advanced qualification in Executive and Career
- Coaching through the Irish Life Coach Institute.
- Belbin (team type) Accredited

"I just wanted to say thank you to Andrew for delivering a fantastic training course to the team over the past two days. The feedback has been extremely positive, you have really got the team thinking about our current business processes and how we can improve them! Hope to see you again in the near future!"

Niamh McCarthy, HR Manager, Spearline





Inhouse Training, One Size Doesn't Fit All.

Does your team need training? DCM Learning has a full range of training courses and qualifications available for your team and company, in-house or off-site.

Based on your requirements, we will develop a custom-made training programme and deliver it specifically for your employees in a chosen location - giving them the exact skills and knowledge they need whilst saving on venue hire, travel, time and associated expenses.

Each daily session will be delivered onsite at a location of your choosing over a 7-hour period. We are flexible on group size, but for group sessions we would recommend a maximum of 15 people to allow for the more interactive elements of the course.

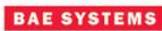
Below is an overview of our Inhouse Training Delivery and Costs:

Details	1 Day Training	2 to 5 Days Training	6+ Days Training
Cost	€1,095 per day	€995 per day	€895 per day
Materials	Included	Included	Included
Travel Expenses	Included	Included	Included
Areas Covered	All Counties	All Counties	All Counties
Customisation	Course Customised	Course Customised	Course Customised
Survey	Pre & Post Course Survey	Pre & Post Course Survey	Pre & Post Course Survey
Account Management		Dedicated Account Manager	Dedicated Account Manager
Free Public Course		1 Free Place	3 Free Places
Public Course Discount		15%	25%



Who We Work With

We train organisations of all shapes and sizes, from small businesses up to global enterprises. But we never forget that every individual matters, and we make sure that every learner gets what they need to reach their potential.





**Set your career on the
right course**

DUBLIN

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- ✉ dublin@dcmlearning.ie
- 📍 Guinness Enterprise
Centre

CORK

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- ✉ cork@dcmlearning.ie
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