



## Effective Team Building and Social Wellness Training Program

### Program Overview

Creating cohesive teams and promoting social wellness are vital for a productive and positive workplace. The Effective Team Building and Social Wellness Training Program empowers participants with tools and strategies to build strong team dynamics, foster trust, and enhance collaboration. This program covers essential aspects of team building, from improving communication and conflict resolution to promoting a culture of support and social well-being. Participants will leave equipped to contribute to a more engaged, resilient, and socially healthy work environment.

### Program Objectives

By the end of this program, participants will:

- Understand the key principles of effective team building and social wellness.
- Develop skills to improve team communication, trust, and mutual respect.
- Learn strategies for resolving conflicts and creating a supportive team environment.
- Gain insights into promoting social wellness within the workplace.
- Build practical approaches for fostering a positive, collaborative culture that enhances team morale and productivity.

### Who Should Attend

This program is designed for:

- Managers, team leaders, and HR professionals focused on improving team dynamics and well-being.
- Employees looking to enhance their teamwork skills and contribute positively to their team's culture.
- Organizations aiming to create a socially supportive workplace that prioritizes employee wellness.
- Anyone interested in building stronger, more connected teams for better performance and morale.

### Program Content

Module 1: Foundations of Team Building

- Understanding the importance of teamwork in achieving organizational goals
- Characteristics of high-performing teams and common challenges
- Core principles of trust, respect, and shared purpose in team building

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### Module 2: Enhancing Communication and Collaboration

- Techniques for open and effective communication within teams
- Building active listening and constructive feedback skills
- Strategies for fostering collaboration and encouraging idea-sharing

### Module 3: Conflict Resolution and Problem-Solving

- Identifying sources of team conflict and common resolution techniques
- Approaches to mediation and finding common ground
- Practical exercises in handling difficult conversations and resolving disputes constructively

### Module 4: Promoting Social Wellness

- The importance of social wellness and its impact on team morale
- Techniques for promoting inclusivity and belonging within teams
- Social wellness activities and strategies for building a supportive culture

### Module 5: Building Empathy and Emotional Intelligence

- Developing empathy and understanding in workplace relationships
- Emotional intelligence as a tool for improving team dynamics
- Exercises for building emotional awareness and supportive interactions

### Module 6: Team Building Activities and Practical Exercises

- Group exercises and activities to enhance teamwork and trust
- Team-building scenarios that simulate real workplace challenges
- Developing action plans to implement effective team practices

### Module 7: Creating a Culture of Social Wellness and Team Support

- Strategies for fostering long-term social wellness in the workplace
- Implementing team-building practices that are sustainable and impactful
- Planning ongoing social wellness initiatives to maintain team cohesion and morale

### **Delivery Format**

This program is offered in two flexible formats:

**In-Person Workshop:** An interactive on-site experience that includes hands-on activities, team exercises, and group discussions.

**Virtual Live Sessions:** Instructor-led online sessions for remote teams, featuring real-time engagement and collaborative exercises.

**Self-pace E-learning**

### **Course Materials**

Participants will receive:

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- A comprehensive workbook covering all training modules.
- Access to communication and team-building templates, checklists, and resources.
- Practical guides for implementing team-building and social wellness activities.
- Suggested reading materials and online resources for continued development.

### **Program Duration**

In-Person Workshop: 2-day intensive workshop with interactive team exercises.

Virtual Live Sessions: 2-day program with 2-month learning management system access for immersive learning.

### **Certification**

Upon successful completion of the program, participants will receive a Certificate in Effective Team Building and Social Wellness, recognizing their enhanced skills in fostering a cohesive and socially supportive team environment.

### **Enrollment and Fees**

Program Fee: NGN575,000 (In-Person Workshop) | NGN575,000(Virtual Live Sessions) | NGN385,925 (Self-paced E-learning)

For group registrations, corporate training options, or more information, please contact our admissions team at [info@hrondeckservices.com](mailto:info@hrondeckservices.com) or call +2349044642114

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