



aractech

Global Learning for Operational Leaders

HUMAN RESOURCES AND TRAINING | HRT-025

Teamwork & People Development

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Course content

Why Attend

Individuals do not often work in isolation. Work is primarily a group-based activity and if an organization is to be effective, it needs effective team working at all levels.

This practical training course will also focus on how to deal with others and how to understand your own and others behavior.

Course Methodology

Course Objectives

- Distinguish between groups and teams and list the primary characteristics of effective teams
- Increase teamwork efficiency
- Describe the basics of human behavior
- Increase development within the team
- Improve interpersonal skills and teamwork

Target Audience

- This Teamwork & People Development training course is suitable to a wide range of professionals but will greatly benefit:
 - All Team Leaders
 - Staff responsible for the development of team members
 - All supervisors, middle managers, department heads and senior managers

Course outline

Detailed course outline

Day-by-day outline for Teamwork & People Development.

Day 1 - Teamwork Essentials

- Team development
- The sociology of the team
- Characteristics of high-performing teams
- Teamworking activity
- The stages of team development
- Teams leadership and a shared vision

Day 2 - Team Roles and Behaviours

- Understanding team roles and effective teams
- Creating the 'perfect' team
- Belbin and team roles
- Self-Perception Inventory
- Missing team roles
- Team role activities/games

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Day 3 - Group Dynamics & Human Psychology

- The study of groups
- Social norms
- Risky Shift Phenomenon
- Group Process Skills
- Group Behaviour Interventions
- Group Cohesiveness

Day 4 - Dealing with Others - Conflict Management

- The nature of workplace conflict
- Resources for responding to conflict
- Dealing with 'difficult people'
- Recognizing and overcoming false consensus in groups
- Groupthink
- Mediation skills

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Day 5 - Developing Yourself

- Setting Career Goals
- What type of learning & development suits you
- Understanding your career journey
- Are you suited for leadership or management?
- Personal career SWOT analysis
- Personal action planning

Seminar dates

Available seminar dates

Live dates and pricing for Teamwork & People Development generated from the course details page.

Date	Location	Format	Fee
11 - 15 May 2026	Kuala Lumpur	Classroom	€1,575
8 - 12 June 2026	Barcelona	Classroom	€2,695
6 - 10 July 2026	London	Classroom	€2,940
10 - 14 August 2026	Munich	Classroom	€2,415
14 - 18 September 2026	Rome	Classroom	€2,975
5 - 9 October 2026	Munich	Classroom	€2,415
16 - 20 November 2026	Amsterdam	Classroom	€2,975

Live online option

Online delivery is available at €1,250.