



Unlocking Team Performance & Collaboration

Discovering Team Dynamics – Healthy & Unhealthy Patterns Outline

Duration: 3-4 hours (adjustable)

Audience: Team leaders, managers, and members seeking to enhance collaboration and effectiveness

Workshop Objectives

- Align team performance with organisational mission & values
- Identify strengths, challenges, and improvement areas
- Enhance communication, trust, and accountability
- Recognise healthy vs. unhealthy team dynamics
- Develop actionable strategies for sustained success

Understanding Team Dynamics

- Activity: Team Mapping – assessing strengths & challenges using Gallup Strengths Finder
- P360 Analysis – bridging the gap between current & desired team state

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Evaluating Team Behaviours

- Activity: SWOT Analysis of mission, values & team alignment
- Activity: Problem-Solving Clinic – identifying and addressing key roadblocks

2

Action Planning

- Define key changes: Start | Stop | Continue
- Establish 30-60-90 day team commitments
- Receive a tailored report with insights & recommendations from BPP

4

Healthy Team Characteristics

- Open Communication | Trust & Accountability | Constructive Conflict Resolution
- Psychological Safety | Clear goals & alignment
- Activity: What's Working, What's Not (WWWNN)

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WORKSHOPS



COACHING



ONLINE



TOOLS



DIAGNOSTICS