

## Teamwork And Cooperation Skills

*Lisbon (Portugal)*

*20 - 24 January 2025*

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## Teamwork And Cooperation Skills

Code: HR28 From: 20 - 24 January 2025 City: Lisbon (Portugal) Fees: 4400 Pound

### Introduction

In today's dynamic and interconnected world, effective teamwork and cooperation skills are essential for success in any organization. This five-day course is designed to provide participants with a comprehensive understanding of the principles and practices of teamwork and cooperation. Whether you're a manager looking to enhance your team's performance or an individual seeking to improve your collaborative abilities, this course will equip you with the tools and knowledge to excel in a team-based work environment.

### Objectives

- Develop a deep understanding of the importance of teamwork and cooperation in achieving organizational goals.
- Enhance communication and interpersonal skills to foster productive collaboration within teams.
- Learn techniques for conflict resolution and problem-solving to maintain a harmonious team environment.
- Acquire the ability to lead and manage teams effectively, maximizing their collective potential.
- Explore strategies for building trust, empathy, and mutual respect among team members.

### Course Outlines

#### Day 1

##### Foundations of Teamwork

- Understanding the significance of teamwork in the workplace
- Exploring different types of teams and their roles
- Building a strong team culture and identity

#### Day 2

##### Effective Communication and Collaboration

- Enhancing interpersonal communication skills
- Active listening and feedback techniques
- Utilizing technology for remote collaboration

#### Day 3

##### Conflict Resolution and Problem-Solving

- Identifying common sources of conflict within teams
- Strategies for managing and resolving conflicts constructively
- Problem-solving methods for addressing team challenges

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## Day 4

### Team Leadership and Management

- The role of a team leader or manager
- Techniques for motivating and empowering team members
- Performance evaluation and feedback

## Day 5

### Building Trust and Empathy

- Developing trust within a team
- Fostering empathy and understanding among team members
- Creating a supportive and inclusive team environment

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