

Teamwork.

Exceptionally Performing (EP) Teams.

Overview.

EP Teams explores the complex individual mindsets and team dynamics that combine to produce exceptional and sustained performance in any team environment. Every team wants to consistently perform at the highest level, yet so few teams actually achieve this level of performance. Through coaching, interaction and participation in a World Class team environment, this programme instils in every individual team member an awareness and understanding of the beliefs and behaviours that are essential for consistent performance at the highest level.

Outcomes.

- Use a shared definition of a peak performer as a benchmark to monitor their performance within the team
- Pro-actively manage memory, past experiences and mental self-talk
- Be conscious of, and manage, their personal 'resourceful state'
- Recognise the powerful relationship between their personal beliefs and the resulting motivation and achievements of the team
- Become aware of how their own positive or negative beliefs about the world greatly influences their responses to challenge and change
- Use imagination and a future focus to structure a winning personal and team identity and a belief in 'what's possible' rather than 'what's probable'

Business benefits.

This programme maximises an organisation's human resources by getting people to really work and think as a team, as opposed to a group of individuals simply working collaboratively - a team will always outperform a group of individuals. Personal motives will be pushed to the side to allow the team motive to succeed. Faster, more open, communication positively impacts business performance.

Duration.

1 - 2 days.