Building and Sustaining High-Performing Teams

High-performing teams are essential to organizational success. Effective teamwork requires more than bringing people together—it requires intentional engagement, shared accountability, and a commitment to working toward common goals. This workshop helps participants understand the behaviors and practices that enable teams to perform at their best over time.

This workshop equips participants with practical tools to build and sustain high-performing teams. Participants learn how trust, collaboration, and accountability drive results—and how individual contributions strengthen team success.

Workshop Objectives:

- Understand the characteristics of high-performing teams and the conditions required to sustain strong performance.
- Recognize individual roles and responsibilities in contributing to team success.
- Apply strategies to build trust, engagement, and accountability within teams.
- Strengthen collaboration and communication to improve team effectiveness.
- Identify common barriers to effective teamwork and implement practical solutions.
- Demonstrate behaviors that support a positive team culture and shared ownership of results.
- Contribute more effectively as both a team member and team leader, regardless of role or position.

Course Outline:

Module One: Getting Started
Module Two: What Are the Benefits of Team Building?
Module Three: Types of Team Building
Module Four: Creating Team Chemistry
Module Five: Improving Team Strength
Module Six: Engagement and Collaboration Activities

Module Seven: Building a Great Team Identity
Module Eight: Social Gathering
Module Nine: Common Mistakes When Team Building
Module Ten: Formatting A Team Building Plan
Module Eleven: Evaluations and Improvements
Module Twelve: Wrapping Up