



ARIVU
Empower • Innovate • Perform

Leading High Performance Teams (2-days)

Improving performance is a continual challenge in the corporate world. Individuals and organisations that succeed are resilient and thrive under pressure. A central feature of exceptional performance is creating teams that are highly effective. In turn, this requires a motivated workforce comprising employees who are focused on achieving team and organisational goals.

You'll examine the power of performance psychology and use it to reveal and nurture talent in your team.

By the end of this course you will be able to:

- What a high-performing culture looks like
- The advantages and limitations of different leadership styles
- The three essential components of a highly motivated workforce
- How to respond to pressure in order to minimise stress in the workplace
- How stress impacts individual and team performance
- How to create a high-performing team

What will I learn?

Leadership

- Charismatic, transformational and narcissistic leadership styles
- Impact of each on team dynamic
- The importance of tolerating anxiety
- Performance psychology for better team effectiveness
- Case studies from business and international sport

Dynamics of Performing Teams

- Common attributes of high-performing teams
- Peak performance model of teams
- Case studies from high-performing professions – success and failure in teamwork
- Social identity and cohesion
- Appraising team performance

Pressure and Stress

- Recognise the warning signs
- How some people thrive under pressure
- How pressure can lead to stress and how to prevent this escalation

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**Innovative & Impactful Coaching & Consulting Services
To Transform Your Business**



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- Effect of stress on individual and team performance
- Case study from aviation
- How to increase individual and team resilience
- How to deal with individual or team burnout

Motivation

- The importance of motivation in achieving performance excellence
- How organisations try to motivate staff and why it's ineffective
- The key drivers of human motivation
- Understanding why people do what they do

What others have said about these courses:

"I can safely say that this was one of the best training courses I have ever been on, so thank you! I will be recommending it to all my colleagues."

- Marguerite Maynard, Advent International Plc

To find out more about this course or to enquire about prices, training dates and locations, please contact us on **0871 237 6767 or email us at info@arivu.co.uk**

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