



Expand your skills, invest in your team!

Creating High Performing Teams

Date & Time: May 10, 2023 at 8:30am to 11:30am

Cost: \$245 for this workshop (There are 3 more virtual workshops. Register for more than one and receive a discount for \$465 for two; \$680 for three; \$895 for all four virtual workshops)

Location: Virtual/Zoom

Description: Learning how to work well together is vital with the vast network of people connected to your organization. People in the workplace talk about building a team and working as a team, but few understand how to develop a capable team.

Building high-performing teams is the foundation of all successful organizations, and learning how to work well together is vital. In the broadest sense, belonging to a team is a result of feeling part of something larger than yourself. When team members feel connected, their emotional investment towards the group increases, and so does their commitment to their high functioning team.

Join us and learn how to create a real sense of community within your working teams. In this workshop, you and your team will assess the current teams in your organization and learn valuable tips on increasing team cohesion. Your leaders will walk away understanding group dynamics, the stages of team development, and how to lead high-performing teams throughout your organization successfully.

Learning Objectives:

- Gain a basic understanding of the fundamentals required to build and create a cooperative team.
- Recognize how group dynamics can impact team effectiveness, cohesion, and collaboration.
- Learn proven techniques and strategies to strengthen your team and understand the conditions needed to thrive.

To register go to sou.edu/professional





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About the Presenter: Carolyn Stern is the President and CEO of EI Experience—an executive leadership development and emotional intelligence training firm. She is a certified Emotional Intelligence and Leadership Development Expert, professional speaker, and University Professor. Carolyn’s emotional intelligence courses and modules have been adopted by top universities in North America. She has also provided comprehensive training programs to business leaders across the continent in highly regarded corporations encompassing industries such as technology, finance, manufacturing, advertising, education, healthcare, government, and foodservice. Carolyn lives and works in Vancouver, British Columbia. www.carolynstern.com www.eiexperience.com

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