Course Name: Team Building Workshop

Duration: 2 days

Day 1: Building Foundations and Communication

Morning Session:

1. **Welcome and Icebreakers**
   o Activities: Fun icebreaker games to help participants get to know each other.
   o Interactive Element: Group discussions and pair-sharing to create a comfortable atmosphere.
2. **Understanding Team Dynamics**
   o Activities: Presentation on team dynamics and the importance of teamwork.
   o Interactive Element: Small group discussions on previous experiences with teamwork and sharing insights with the larger group.
3. **Communication Skills**
   o Activities: Interactive presentation on effective communication skills.
   o Interactive Element: Role-playing exercises to practice active listening and clear communication.

Afternoon Session:

4. **Building Trust within the Team**
   o Activities: Trust-building exercises.
   o Interactive Element: Activities such as trust falls, blindfolded navigation, and open discussions about trust in the workplace.
5. **Problem-Solving and Decision Making**
   o Activities: Workshop on problem-solving techniques and decision-making processes.
   o Interactive Element: Group problem-solving challenges and decision-making scenarios to practice skills in real-time.
6. **Reflection and Feedback**
   o Activities: Group reflection on the day's activities.
   o Interactive Element: Open floor for feedback and discussion on what was learned and how it can be applied.

Day 2: Collaboration and Innovation

Morning Session:

1. **Creative Thinking and Innovation**
   o Activities: Presentation on fostering creativity and innovation in teams.
   o Interactive Element: Brainstorming sessions and creative thinking exercises to generate new ideas.
2. **Collaboration Techniques**
   o Activities: Workshop on techniques for effective collaboration.
   o Interactive Element: Group projects and collaborative tasks to apply learned techniques.
3. **Conflict Resolution**

  o Activities: Discussion on common conflicts in teams and strategies to resolve them.

  o Interactive Element: Role-playing conflict scenarios and practicing resolution techniques.

Afternoon Session:

4. **Team Goals and Vision**
  o Activities: Session on setting team goals and creating a shared vision.
  o Interactive Element: Group activity to collaboratively set goals and create a vision statement for the team.
5. **Action Planning and Implementation**
  o Activities: Workshop on turning ideas into action plans.
  o Interactive Element: Teams work together to create actionable plans for real-world projects or goals.
6. **Final Reflection and Takeaways**
  o Activities: Group reflection on the workshop experience and key takeaways.
  o Interactive Element: Participants share their personal takeaways and commit to applying what they have learned in their daily work.

Overall Interactive Elements:

- **Group Discussions:** Encourage open communication and sharing of personal experiences.
- **Role-Playing:** Simulate real-life scenarios to practice skills.
- **Collaborative Projects:** Work together on tasks to build teamwork and problem-solving abilities.
- **Feedback Sessions:** Provide and receive feedback to foster continuous improvement.
- **Creative Exercises:** Engage in activities that stimulate creative thinking and innovation.

This curriculum ensures that participants are actively engaged throughout the workshop, promoting a hands-on learning experience that strengthens team cohesion and skills.