

TEAM BUILDING WORKSHOP WITH DISC®

**ODYSSEY**
TRAINING™

By  **SGS**

1 DAY



LEARNING OUTCOMES

- Evaluate your team's effectiveness to help move toward success
- Discover the different communication and behavioural styles within your team and learn how to minimise tension and build cohesion
- Recognise the different stages of team development, which stage your team is at and how to progress
- Identify the impact of emotional intelligence and notice the ripple effect of everyday interactions

COURSE OVERVIEW

Bring your team closer together and unlock their full potential with a high-impact team building experience powered by DISC. This interactive workshop helps team members better understand themselves and each other, strengthen communication, and build more effective ways of working.

Designed for teams ready to elevate how they work together and achieve more together.

TOPICS COVERED IN THIS COURSE

Understanding DISC

Explore how people think and behave differently, even when working towards the same goals. Using the DISC framework, gain insight into these differences and better understand the underlying drivers that influence communication and team effectiveness.

Understanding your DISC profile

Identify your own DISC style and what drives your behaviours, preferences, and communication approach. You'll explore your natural and adapted styles, helping you better understand how you show up at work and the impact you have on others.

Team profile

Interpret your team's DISC profile and what this reveals about group dynamics, identifying how different styles interact, and highlighting both strengths and potential areas of tension within the team.

Team motivation

Identify what motivates your team, both individually and collectively, and how different drivers influence engagement. Explore how linking effort to meaningful outcomes can boost ownership, energy, and overall performance.

Team development

Understand the stages of team development using Tuckman's model - forming, storming, norming, performing, and adjourning and identify where your team currently sits. Explore how teams evolve over time and how both leaders and team members can support their progression.

Emotional intelligence

Recognise how emotional intelligence shapes everyday interactions at work and influences team morale, performance, and culture. Gain practical insights into strengthening relationships and creating a more supportive and effective team environment.

Team action plan

Create a clear, practical action plan tailored to your team with key priorities and actions to strengthen collaboration, accountability and performance moving forward.

**Practical, relevant training
developed for the Australian
workplace.**

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