

# Teamworks™

## Developing Team Fitness

### What is it?

Teamworks is a structured programme that builds and sustains fit, empowered, high performing teams.

It helps business teams to get clear on what they are there to do and to work effectively to deliver the results that they want.

**Delivered through a combination of dynamic coaching sessions and workshops, the process develops:**

- ✓ Alignment behind challenging and motivating goals
- ✓ Strong working relationships
- ✓ Clear roles and accountabilities
- ✓ Clarity on strategy and process
- ✓ Positive and dynamic team culture



### How does it work?

A Teamworks facilitator works closely with the team to take them through the following steps:

#### Step 1 - Scoreboard

Benchmarking the team's current fitness levels:

- How are they working together?
- Are they clear on goals, strategy and process?
- Are roles and expectations clear?

#### Step 2 - Goals

Creating goals that challenge and focus the team – big, wild goals that quicken the pulse as well as concrete, tangible goals that keep everyone organised and on track for success.

#### Step 3 - Game Plan

The team takes ownership of "how" they work to deliver success. The focus is on strategy, roles and team culture.

#### Step 4 - Work-outs and Time-outs

Building team fitness by combining business focussed sessions and team development.

### How long does it last?

Teamworks can last as long as you want.

We have worked with some teams for over 3 years, helping them to sustain their team fitness by regularly repeating the Teamworks process!

### Why is it right for your team?

**Great teamwork doesn't happen by accident.** Teamworks is a powerful process that combines a structured, measurable approach to developing team performance, with a high degree of team "ownership" of the process and the involvement of a highly experienced Teamworks facilitator. **It's a great way to build and sustain high performance over time.**

