



*Training Course:  
Team Building for Intact Teams*

*8 - 12 June 2026  
Cape Town (South Africa)  
DoubleTree by Hilton Cape Town - Upper Eastside*

## Training Course: Team Building for Intact Teams

Training Course code: PS235490 From: 8 - 12 June 2026 Venue: Cape Town (South Africa) - DoubleTree by Hilton Cape Town - Upper Eastside Training Course Fees: 6350 € Euro

### Introduction

The "Team Building for Intact Teams" training program is designed to foster cohesion, enhance collaboration, and strengthen the dynamics within teams that are already established. This program, crafted by the experts at Global Horizon Training Center, leverages proven methodologies to improve team performance, communication, and problem-solving capabilities. It is tailored to help intact teams build trust, navigate challenges, and achieve higher levels of productivity and innovation.

### Objectives

By the end of this program, participants will be able to:

- Enhance Communication: Develop clear and effective communication strategies within the team.
- Build Trust: Strengthen trust and mutual respect among team members.
- Improve Collaboration: Foster a collaborative environment where team members work together towards common goals.
- Resolve Conflicts: Learn techniques to resolve conflicts constructively and maintain a positive team atmosphere.
- Boost Morale: Enhance team morale and motivation through shared experiences and achievements.
- Define Roles and Responsibilities: Clarify roles and responsibilities to ensure everyone contributes effectively to the team's success.

### Target Audience

This program is ideal for:

- Intact Teams: Teams that have been working together and are looking to improve their dynamics and effectiveness.
- Team Leaders: Leaders who wish to strengthen the cohesion and performance of their teams.
- Project Teams: Teams working on long-term projects that require close collaboration and high performance.
- Departmental Teams: Groups within a department that need to enhance their working relationships.

### Outlines:

### Day 1: Understanding Team Dynamics

- Introduction to Team Building: Overview and importance of team dynamics.
- Assessing Current Team Dynamics: Identifying strengths and areas for improvement.
- Communication Skills: Techniques for clear and effective communication within the team.
- Team Charter Development: Creating a shared vision and objectives for the team.

### Day 2: Building Trust and Collaboration

- Trust-Building Exercises: Activities to strengthen trust among team members.
- Collaborative Problem-Solving: Techniques for working together to solve complex problems.
- Conflict Resolution: Understanding conflict and methods to resolve it constructively.
- Role Clarification: Defining roles and responsibilities to avoid overlaps and gaps.

### Day 3: Enhancing Team Communication

- Effective Meetings: How to conduct productive and inclusive team meetings.
- Listening Skills: Developing active listening skills to understand and respond effectively.
- Feedback Mechanisms: Giving and receiving feedback in a constructive manner.
- Interpersonal Communication: Improving one-on-one interactions within the team.

### Day 4: Motivation and Team Morale

- Understanding Motivation: Identifying what drives team members and how to sustain motivation.
- Building Team Spirit: Activities to boost morale and create a positive team environment.
- Recognition and Rewards: Effective ways to recognize and celebrate team achievements.
- Dealing with Setbacks: Strategies to maintain morale and motivation during challenging times.

### Day 5: Sustaining Team Excellence

- Continuous Improvement: Establishing processes for ongoing team development.
- Reflective Practices: Encouraging team reflection to learn from past experiences.
- Action Planning: Developing a plan to implement new skills and strategies within the team.

- Final Review and Feedback: Summarizing key learnings and gathering feedback from participants.

## Registration form on the Training Course: Team Building for Intact Teams

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....

Position: .....

Telephone / Mobile: .....

Personal E-Mail: .....

Official E-Mail: .....

### Company Information

Company Name: .....

Address: .....

City / Country: .....

### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....

Position: .....

Telephone / Mobile: .....

Personal E-Mail: .....

Official E-Mail: .....

### Payment Method

- Please find enclosed a cheque made payable to Global Horizon
- Please invoice me
- Please invoice my company

### Easy Ways To Register

Telephone:  
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provisionally reserve your  
place.

Fax your completed  
registration  
form to: +20233379764

E-mail to us :  
info@gh4t.com  
or training@gh4t.com

Complete & return the  
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