



## UNDERSTANDING TEAM DYNAMICS

### Objectives

- Understand the dynamics of the eight Insights types on your team
- Gain an insight into your contribution to the team's dynamics
- Take practical steps to build an effective team and improve teamwork

### Overview

In this program, you will deepen and expand your skill in recognizing others' types in team interactions. You will gain an understanding of your own interactions and contributions to your team, your influence on the team, how you contribute to team functioning and how to maximize your effectiveness. You will learn how team members may irritate and annoy each other and how each of you can work to improve your own contribution and your team's effectiveness.