

UNDERSTANDING TEAM INTERACTIONS - NEUROSCIENCE 101

In-Council Training

LGMA'S extensive experience working directly with councils across Queensland uniquely equips LGMA to develop and tailor specialist workshops and training programmes, specific to the needs of the individuals and teams within council.



Overview

Workplace interactions are complex and difficult. Often our teams require people to work alongside other people who they would not normally choose to associated with – people who are very different from each other. People who do not approach problems and issues the same way, people who have different values and motivations and people who struggle to find common ground. This can lead to misunderstanding, reduced productivity and conflict. Building an effective team can be challenging in these circumstances.

But why is this so and how can you combat it to build a high performing team?

This workshop provides a short cut to building understanding between team members; helping them identify and recognise differences and work cooperatively to accommodate those.

Discover how to

- ✓ Identify the triggers for you personally in workplace interactions
- ✓ Understand why you react in these situations
- ✓ Identify the triggers for other people and learn how to recognise them as they happen
- ✓ Develop a plan to manage your own reactions
- ✓ Identify ways to meet the needs of others and avoid triggering and unwanted reaction

Content

- 1 The neuroscience behind workplace interactions
- 2 Self-awareness and subconscious reactions
- 3 A brain-based approach to engaging and motivating others
- 4 Troubleshooting conflict

Objectives

Understand the working of the brain in relation to collaboration and motivation

Identify individual motivations and needs

Understand how to meet the individual needs of others (and what not to do) to engender cooperation and engagement

Know the warning signs of anxiety or disengagement (yours' and others') and learn how to respond quickly

Key Details

- Course duration: 4 hours
Delivery mode: Face-to-face, in your council
No. Participants: Groups of up to 24 people
Enquiries: training@lgmaqld.org.au