



MANAGEMENT & GROUP DYNAMICS

Erasmus+ KA1 Training Course in Córdoba (Spain)



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Team Building

Team building is mainly a business technique that is used to strengthen and promote team spirit and work among colleagues with activities organised for this purpose. It creates a relaxed and relaxed atmosphere in which the team can interact in a natural way, taking away the importance of the company hierarchy.

Nowadays, teamwork is one of the most important qualities in any company. The workers in a company work to achieve shared objectives with the team, and it is essential that there is coordination within the team in order to achieve the goals. If we extrapolate this concept to early ages we will achieve great benefits.

In this post we are going to talk about what team building is, what its benefits are and how to carry out some activities in the classroom.

Effective management of classroom dynamics and group interactions is crucial for creating a conducive learning environment. Setting clear expectations and fostering a positive classroom climate are foundational. Establishing group goals, assigning roles, and monitoring progress ensure that students stay focused and accountable.

Benefits of team building

- **Increased motivation of the team members.** Motivation is the key to good productivity. Motivation in the performance of tasks also generates more happiness in the work area.
- **Strengthens group membership.** If there is team spirit and comradeship, there will be belonging to the group; when individualism is generated, belonging to the group decreases.
- **It creates emotional bonds between colleagues.** Team building activities foster bonds between the colleagues who take part in them, creating interpersonal relationships between them.
- **It improves the creativity of the group.** The activities that are carried out generate different challenges for the participants and bring out their ingenuity and creativity.
- **Increases group communication.** It is essential that there is good communication and interaction between team members.

Course description

In the Team Building course a collaborative culture will be strengthened through fun games and dynamics where the team will come together and work together.

When people are committed to teamwork, the workplace functions better, problems are solved more quickly, conflicts are less likely to become toxic and performance is higher. Despite the benefits, people can be reluctant, even unwilling, to work in teams. To help the company improve this situation, we develop activities that help to immediately address such situations in the team in order to build trust, improve communication and consequently create a culture of collaboration.

This is the ideal space to help employees to let go and feel free, while they work on strengthening their soft skills: communication, interpersonal relationships, teamwork, emotional management and collaboration.

Several methodologies are used in the course: experiential learning, NLP, Team Coaching, appreciative diagnostics, visual thinking, among others.

Learning outcomes

- Obtain the greatest possible contribution from their collaborators.
- Effectively influence the people and interest groups with whom they work, with a view to creating greater value.
- Create more effective team dynamics through collaborative attitudes and concerted action around a shared goal.

Details

- One week course
- Starting from 480€ (Cultural activities included) *
- Min. 4 - max. 14 participants
- Certificate of attendance included (80% of attendance required)
- Available in Córdoba
- Also available in Spanish

* A 60 € late registration fee will be applied if you register less than 8 weeks before the course start date.

Tentative schedule

Day 1. Leadership

- The leader: characteristics, types and resources
- Team awareness
- Assertiveness.

Day 2. Social emotional skills

- Emotional intelligence. Intra and interpersonal skills
- Emotions and emotional states.
- Emotions and decisions. Decision making process
- The triune brain

This schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session.

Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

Day 3. Managing high-performance teams

- Knowing the team
- The management role and the support role
- Time and resource management: Barriers.
- Goal orientation

Day 4. Key Competencies for Team Management

- Motivation. Techniques to stimulate the team.
- Effective presentations. Storytelling.
- Giving feedback: how to say what is good and how to give constructive criticism.

Day 5. Group dynamics in difficult situations

- Conflict and mediation. Types of conflicts and coping styles
- Negotiation techniques: practical application
- Initiation to group coaching

About the provider

Andalusia Teacher Training is a training company founded in 2018 focused in the attitudinal training and the improvement of human performance. The company works with clients with the aim of increasing their results both in personal or professional areas, developing techniques and strategies in the areas of coaching, Emotional Intelligence, soft skills and Neuro Linguistic Programming (NLP).

Andalusia Teacher Training learns from the experience gained by its staff, professionals with years of background in the fields of training and the development and management of transnational projects in the frame of Erasmus + Program. Andalusia Teacher Training is currently made up of a multidisciplinary team of 8 people, with backgrounds in languages, translation and interpreting, psychology, international relations, pedagogy and communication.

In the field of international projects, the staff has a solid background in the development and implementation of funded projects in the frame of Erasmus+ and in the areas of entrepreneurship, leadership and application of coaching, Emotional Intelligence and soft skills to different fields. In the last five years we have been involved in more than 50 KA2 projects, of which more than 25 have been developed by our staff.



José Antonio Alonso: He has studies in Economics and Psychology. He is Master in Coaching and EI, Master Trainer in NLP (Spanish NLP Association), Expert in Gestalt therapy and Master in Ericksonian hypnosis.

José Carlos León: Coach with a large experience training teams, persons and organizations using EI tools. With a degree in English Philology, he has also been tutor in the Master of Coaching of the University CEU San Pablo and facilitator in the areas of EI and NLP.

Enjoy training... and Andalusia

Obviously, training is a key aspect, but the environment makes the experience complete. That's why Cordoba is the best possible setting, the only city in the world with four World Heritage Sites by UNESCO, a city steeped in history and culture, and also the ideal place to discover Andalusia.

Less than an hour away by train you can enjoy the bewitching Seville, the cosmopolitan Malaga and the haunting Granada, as well as having some of the best beaches just two hours away by car. All in the best connected city in Spain by high-speed train, 1.45 minutes from Madrid and in the centre of Spain's most charming region. Are you going to miss it?





How to get to Córdoba?

Córdoba has no airport, but there are excellent connections to our city from three international airports thanks to the AVE (High Speed Train):

- Madrid. 400 kilometres, 1.45 hours to Córdoba by train.
- Seville. 130 kilometres, 45 minutes to Córdoba by train.
- Málaga. 145 kilometres. 50 minutes to Córdoba by train.

Málaga is the best option, due to the high amount and variety of international destinations and the facilities to link your flight to the train.

Madrid International Airport Adolfo Suárez is the biggest airport in Spain and it has connections with all the important destinations in Europe. Flights use to be cheaper and both the frequency and the options are higher, so it is also a good chance.

Seville is another option, though destinations and frequencies are not the best. Check if it fits your plans.

Train. There are different companies offering connections from and to Madrid, Málaga and Sevilla to Córdoba. The sooner you book, the cheaper!!

- RENFE (www.renfe.es). In trains from and to Seville or Málaga, you will find AVE and AVANT. The service is the same, though this last one is cheaper. It happens the same from Madrid with AVE and ALVIA.
- IRYO. (<https://iryo.eu>). Cheap tickets if booked with months in advance.
- AVLO (<https://avlorenfe.com>). From June 1st 2023. Renfe low cost brand.

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