

## **The Authentic Collaborator**

### **Team Development (for intact teams) or Collaboration Skills (for open enrollment)**

This highly interactive session explores communication and collaboration skills to improve relationships within a team. **The focus is on making every interaction an opportunity to strengthen authentic connection in service of the larger team goal.** Participants practice skills in team support, 'group mind,' successful team multi-tasking, emotional congruency (authenticity), reflective listening (assuring that others feel heard); the ability to be present (releasing attachment to agendas or internal scripts); nonverbal and vocal communication; flexibility; emotional intelligence; and status (managing space and time), in order to enhance their ability to form collaborative trusting relationships.

Participants are on their feet much of the time, exploring a variety of engagement techniques, including those used by professional improvisational theater performers. Participants practice these exercises in large and small groups: individuals are never singled out, making the atmosphere safe and comfortable for exploration and development. After consistent practice, business interactions become more collaborative, trusting and fruitful, improving a team's capacity to work productively and effectively together.

Utilizing experiential methodology, we explore techniques to improve a team's capacity to work effectively together.

**Concepts explored are similar to the Authentic Communicator, with a stronger emphasis on teamwork, supporting one's team, and working collaboratively toward goals.**

**This program can be customized to include peer-coached and/or facilitator-coached business simulation conversations.**

**Half-day to full-day session.**