

## Course Overview

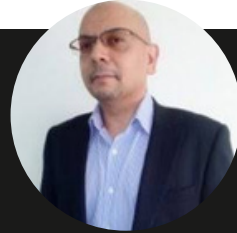
Are you looking for a way to boost your team's performance, morale and collaboration? Do you want to learn how to foster a culture of integrity, trust and respect in your organization? If so, you might be interested in our team building course. This course is designed to help you and your team develop the skills, attitudes and behaviors that are essential for effective teamwork. You will learn how to communicate better, resolve conflicts, manage diversity, and align your goals and values. You will also discover how to uphold the highest standards of integrity, honesty and ethics in your work. Our course is interactive, engaging and fun, and they can be customized to suit your specific needs and preferences. Whether you want to improve your leadership, creativity, problem-solving or decision-making skills, we have a course for you.

## Course Objectives

This 2-day course is aiming to:

- Identify the strengths and weaknesses of your team members and yourself, using various assessment tools and feedback methods. You will also learn how to leverage your strengths and overcome your weaknesses to become a more effective team player.
- Communicate effectively and constructively with your team members and other stakeholders. You will also learn how to listen actively, ask open-ended questions, give and receive feedback, and avoid misunderstandings and conflicts.
- Motivate and inspire your team to achieve high performance and satisfaction, and foster a positive team culture, encourage innovation and creativity.

Omar Hafiz Omar  
Farouk Ariff



Experienced HR professional with BSc(Business Admin.) from University of Pacific, Stockton, California, USA and Master of HR. Expertise: Implementation of ESG initiatives, HR Senior Management (oil & gas), regional HR exposure. Worked with Petroliam National, Caltex, Halliburton, FPSO Ventures, Sapura Energy, F&N Coca-Cola, Mesiniaga, Applied Magnetics S/B, Burger King. Proficient in Harrison assessment, PAPI, DISC Profiling, PETRONAS Potential, SHL Test Admin. Also a Certified HRDF Trainer.

# JOIN OUR TEAM BUILDING

**REGISTER NOW**

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

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## Course Outcomes

After attending this course, you will return to your job and be able to:

- Understand your team dynamics and become an effective team player
- Improve awareness on importance of integrity and work ethic
- Apply tools to improve communication, manage stress and conflicts
- Foster stronger bond and be able to work comfortably and effectively with each other

## Course Outline

Day 	Day 
<p><b>Module 1: Let's get to know each other</b></p> <ul style="list-style-type: none"> <li>✔ Know your personality</li> <li>✔ Know your team members</li> <li>✔ Know your employer</li> </ul> <p><b>Module 2: Effective Team</b></p> <ul style="list-style-type: none"> <li>✔ Characteristics of effective team</li> <li>✔ Refresher on Code of Conduct, Integrity and Corruption</li> </ul> <p><b>Module 3: Outdoor Activity</b></p> <ul style="list-style-type: none"> <li>✔ Interactive activity</li> <li>✔ Lesson learnt</li> </ul>	<p><b>Module 1: Let's Change</b></p> <ul style="list-style-type: none"> <li>✔ Interpersonal Communication Skills</li> <li>✔ Effective ways to provide feedback</li> <li>✔ Stress Management</li> </ul> <p><b>Module 2: Customer Experience</b></p> <ul style="list-style-type: none"> <li>✔ External and internal customer service</li> <li>✔ Managing conflicts at work</li> </ul> <p><b>Module 3: Group Activity</b></p> <ul style="list-style-type: none"> <li>✔ Identify team of group activity</li> <li>✔ Execute activity as a team</li> </ul>