



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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Effective Teamwork

Overview

High-performing teams are built on trust, communication, and shared responsibility. This seminar helps participants understand what makes a team effective, how to appreciate differences, and how to create a culture of accountability and positivity. Through practical insights and interactive discussions, participants will discover how to strengthen relationships, resolve conflict, and stay motivated as a united team.

Key Objectives

By the end of this seminar, participants will be able to:

- Recognise the value of teamwork and the impact of collaboration on results.
- Develop self-awareness and team awareness to build stronger working relationships.
- Apply communication and conflict-resolution skills to strengthen trust and accountability.
- Motivate and engage team members to achieve shared goals and long-term success.

Value Added

Participants gain practical tools to improve collaboration, resolve challenges, and enhance team performance while fostering a workplace culture of trust, accountability, and motivation.

Who should attend?

This seminar is ideal for:

- Employees at all organisational levels
- Supervisors & team leaders
- Project teams and cross-functional groups
- HR & training managers
- Anyone who wants to improve collaboration and team effectiveness

This seminar consists of the following 15 topics

Topic 1	What is a team? (definition & dynamics)
Topic 2	The value of teamwork in the workplace
Topic 3	Self-awareness: knowing yourself first
Topic 4	Understanding & appreciating team members
Topic 5	Building trust as the foundation of teamwork
Topic 6	Developing a positive team attitude
Topic 7	The importance of commitment to team goals
Topic 8	Shared responsibility in achieving outcomes
Topic 9	Accountability and performance expectations
Topic 10	Communication principles in teams
Topic 11	Active listening skills for better collaboration
Topic 12	Resolving conflict constructively
Topic 13	Motivation strategies for individuals & teams
Topic 14	Choosing positivity & fostering team morale
Topic 15	Sustaining effective teamwork in the long term

Additional Information

Duration	3-Hour Seminar	
Includes	• Seminar notes • Refreshments (not applicable to on-site / online training)	• Free telephonic after-training support • Electronic Attendance Certificate

PST Training (Pty) Ltd has been assessed and accredited as having satisfactorily met the MICT ETQA Specified Training Provider criteria. It provides an accepted benchmark of knowledge and skills, ensuring specified levels of competency and ability in terms of industry standards. Accreditation Number - ACC/2007/02/603.