



Course Content at a Glance

Innovative Team Dynamics and Wellbeing at Work



Course Dates

Every Wednesday, 10-1pm
from 5th - 26th March



Schedule

4 x 3-hour Masterclasses



Delivery
Online

Session 1 - Emotional Intelligence Part 1

Me at My Best

- Self-awareness – preferences, values and emotions
- Self-management – resilience, peak performance, balance

Session 1 - Emotional Intelligence Part 2

My Team and Relationships

- Relationship management – praise, motivation, difficult dynamics, conflict navigation and repair
- Social awareness – empathy, passive resistance, response to change (SCARF model)

Session 3 - Team Dynamics

- Team roles, the composition of membership and the team charter
- Team purpose and clarity - common goals, purpose and approach
- Communication, accountability and team culture
- The five dysfunctions of a team, and how to manage them
- Team trust, proving competence, integrity and benevolence

Session 4 - A Framework for Sustainable Workplace Wellbeing

- The current landscape of workplace wellbeing in Ireland and internationally
- The eight steps to an effective and sustainable programme;
- The role of leadership
- Where to start with your wellbeing programme

Course facilitator - Jess Hayden

Jess is an organisational psychologist with an insatiable curiosity for helping people solve problems at work. Jess has a BA in Psychology and an MSc in Organisational Psychology which gives her a strong evidence-base to work with in terms of understanding humans at work. She continues to follow her research interests in behavioural neuropsychology, creative thinking, high-pressure decision making and problem-solving