

# Trust-Building in Teams Skills Training

**Course Duration: 08 Hours**

**Course Code: TBTST**

## 1. Course Overview

The **Trust-Building in Teams Skills Training (Soft Skills)** program is designed to help professionals develop strong, reliable, and collaborative workplace relationships. This course focuses on enhancing communication, transparency, and accountability to foster trust within teams, leading to improved productivity, engagement, and organizational success.

## 2. What You'll Learn

- Importance of trust in team performance
- Key elements of building and maintaining trust
- Effective communication strategies for transparency
- Conflict resolution and handling difficult conversations
- Building accountability and reliability in teams
- Techniques to strengthen collaboration and teamwork
- Developing emotional intelligence for trust-building

## 3. Target Audience

- Team leaders and managers
- HR professionals
- Project managers
- Corporate employees
- Entrepreneurs and business owners
- Anyone looking to improve team collaboration and workplace relationships

## 4. Pre-Requisites

- No prior technical knowledge required
- Basic understanding of workplace dynamics
- Willingness to participate in discussions and activities
- Interest in personal and professional development

## 5. Course Content

### **Module 1: Introduction to Trust in Teams**

- Understanding trust and its importance
- Impact of trust on team performance

### **Module 2: Foundations of Trust-Building**

- Transparency and honesty
- Consistency and integrity

### **Module 3: Communication Skills**

- Active listening techniques
- Clear and open communication

### **Module 4: Emotional Intelligence**

- Self-awareness and empathy
- Managing emotions in team settings

### **Module 5: Conflict Resolution**

- Identifying sources of conflict
- Techniques for resolution and trust repair

### **Module 6: Building Accountability**

- Ownership and responsibility

- Creating a culture of reliability

### **Module 7: Strengthening Team Collaboration**

- Team bonding activities
- Encouraging mutual respect and support

### **Module 8: Practical Implementation**

- Case studies and real-life scenarios
- Action plan for workplace application

