Training Course on Managing Attitudes and Team Building

Professional Development Training Course Outline

Category	General Training	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

In today’s fast-paced, ever-evolving work environments, cultivating positive attitudes and fostering cohesive team dynamics are essential to sustaining workplace productivity, innovation, and morale. Training Course on Managing Attitudes and Team Building is designed to empower professionals with the tools, strategies, and psychological insight needed to influence workplace behavior, foster trust, and develop high-performing teams. By aligning mindset and mission, organizations can create a culture where collaboration thrives, and individual strengths are harnessed for collective success.

This training focuses on strategic communication, emotional intelligence, cultural competency, and team synergy—critical components for modern leadership. Through immersive learning experiences, real-world case studies, and interactive exercises, participants will explore effective leadership practices, conflict resolution techniques, and motivation strategies tailored to diverse teams. Whether you're managing hybrid teams, leading across generations, or strengthening internal cohesion, this course will guide you toward team excellence.

Programme Curriculum

Training Course on Managing Attitudes and Team Building

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Course Objectives

1. Understand the psychology of workplace attitudes and behaviors
2. Identify the role of emotional intelligence in team dynamics
3. Master techniques for conflict resolution and communication
4. Develop skills for transformational leadership
5. Foster a culture of collaboration and accountability
6. Learn to navigate diverse and inclusive teams
7. Implement strategies for remote and hybrid team engagement
8. Boost team morale through recognition and motivation
9. Apply the principles of agile teamwork and productivity
10. Manage resistance to change with growth mindset training
11. Encourage continuous improvement using team performance metrics
12. Build trust and transparency across organizational levels
13. Create actionable plans for team development and succession planning

Target Audience

1. HR Professionals
2. Team Leaders & Supervisors
3. Project Managers
4. Department Heads
5. Learning & Development Officers
6. Organizational Development Consultants
7. Business Owners
8. Remote/Hybrid Team Managers

Course Duration

5 days

Course Modules

Module 1: Understanding Attitudes in the Workplace

- Define attitude and its impact on performance
- Explore mindset theories and motivation
- Analyze behavioral trends across teams
- Recognize toxic attitudes and manage negativity
- Promote positivity through leadership

Module 2: Emotional Intelligence and Team Cohesion

- Components of emotional intelligence (EQ)
- Role of self-awareness and empathy
- How EQ influences communication and trust
- EQ tools for team leadership
- Cultivating EQ in others

Module 3: Building High-Performance Teams

- Stages of team development
- Characteristics of high-performing teams
- Creating shared goals and team vision
- Roles and responsibilities alignment
- Performance evaluation techniques

Module 4: Effective Communication for Team Success

- Communication styles and preferences
- Overcoming communication barriers
- Feedback strategies that foster growth
- Non-verbal and digital communication
- Active listening and speaking with clarity

Module 5: Conflict Management and Resolution

- Types and sources of team conflict
- Conflict resolution styles and strategies
- Mediation and negotiation techniques
- Restoring trust after conflict
- Building consensus and alignment

Module 6: Motivation and Morale Boosting

- Intrinsic vs extrinsic motivation
- Recognition and rewards systems
- Fostering ownership and purpose
- Addressing burnout and disengagement
- Celebrating team success

Module 7: Leading Remote and Hybrid Teams

- Challenges of virtual collaboration

- Tools for remote communication
- Building remote team culture
- Monitoring productivity and well-being
- Virtual team-building exercises

Module 8: Sustaining Team Growth and Development

- Coaching and mentoring techniques
- Goal setting and performance tracking
- Upskilling and continuous learning
- Succession planning and role rotation
- Maintaining engagement long-term

Training Methodology

- Interactive workshops
- Group discussions and team simulations
- Case studies and role-plays
- Real-world application projects
- Continuous feedback and reflection

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
16 Nov 2026	20 Nov 2026	Online	$1,000
16 Nov 2026	20 Nov 2026	Physical	$1,500
16 Nov 2026	20 Nov 2026	Physical	$3,000
16 Nov 2026	20 Nov 2026	Physical	$3,000
16 Nov 2026	20 Nov 2026	Physical	$6,000
16 Nov 2026	20 Nov 2026	Physical	$4,500
16 Nov 2026	20 Nov 2026	Physical	$6,000
16 Nov 2026	20 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com