



PREFERRED TRAINING NETWORKS



TUCKMAN'S STAGES OF GROUP DEVELOPMENT

"Teamwork makes the dream work." - John C. Maxwell

This course will explore Tuckman's Stages of Group Development. This theory outlines the stages a group goes through from forming to performing to adjourning. Participants will learn to recognize the signs that indicate which stage a group is in and how to navigate each stage in an effective manner. Additionally, participants will be equipped with strategies to help overcome common challenges throughout the group's development process. The aim of this course is to equip participants with the knowledge to effectively manage, nurture, and lead teams of any size.

Key Course Content:

- Understand Tuckman's Stages of Group Development model, which categorizes group development into four stages: forming, storming, norming and performing.
- Identify characteristics of each stage and how they relate to the development of a team.
- Learn strategies for managing and resolving conflicts in groups during the storming phase.
- Recognize how to encourage cooperation and collaboration among team members in order to progress through the norming phase.
- Understand the advantages and disadvantages of teams at their various stages of development.
- Appreciate the importance of having clear team roles, rules and boundaries throughout the entire process.
- Be aware of how to assess the performance of teams and identify areas for improvement.



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.

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