

The Five Behaviors of a Cohesive Team: Program Outline for one full day and 4 half days of training

DAY 1 – 8 hours		
Module 1: Introduction	Cohesive Teams (30 mins) Review the Model (35 mins) Team Survey Results (20 mins)	85 mins
Module 2: Trust	Defining Trust (20 mins) Video Review (20 mins)	40 mins
Break		10 mins
Module 2: Trust (cont)	Team Survey Results (30 mins) Personal Histories (40 mins)	70 mins
Lunch		60 mins
Module 2: Trust (cont)	Trust and DiSC (20 mins) The Team and DiSC (30mins) Trust-Building Behaviors (20 mins) Action Planning (20 mins)	90 mins
Break		10 mins
Module 3: Conflict	Defining Conflict (20 mins) Team Survey Results (30mins) Video Review (20 mins)	70 mins
Break		10 mins
Module 3: Conflict (cont)	Conflict and DiSC (10 mins) Healthy and Unhealthy Behaviors (35 mins) Conflict-Related Behaviors (20 mins) Action Planning (20 mins)	85 mins
Recap of day and next steps		10 mins
		Total Min: 480
DAY 2 – 3.5 hours		
Module 4: Commitment	Review of Day 1 and application of theory Defining Commitment/Video Review (25 mins) Team Survey Summary Results (15 mins) Break (10 mins) Clarity and Buy-in Teach Back (25 mins) Commitment-Related Behaviors (20 mins) Setting Ground Rules (25mins) Action Planning (30 mins)	60 mins 150 mins
		Total Min: 210

DAY 3 – 3.5 hours		
Module 5: Accountability	Review of Applications of Concepts Defining Accountability (10 mins) Video Review (25 mins) Team Survey Summary Results (5 mins) Small Group Report-Outs (30 mins) The Value of Accountability (15 mins)	40 mins 85 mins
Break		10mins
Module 5: Accountability (cont)	Giving and Receiving Feedback (40 mins) Accountability-Related Behaviors (15 mins) Action Planning (20 mins)	75 mins
		Total Min: 210
DAY 4 – 3.5 hours		
Review of Application of Concepts		40 mins
Module 6: Results	Defining Results (5 mins) Lack of Focus (15 mins) Team Survey Results (25 mins) Video Review (25 mins)	70 mins
Break		10 mins
Module 6: Results (cont)	Team Scoreboard (45mins) Results-Related Behaviors (20mins) Action Planning (25mins)	90 mins
		Min Total: 210
DAY 5 – 3.5 hours		
Module 7: Review of Five Behaviours and Action Plan	Review of Application of Concepts (60 mins) Review of Strengths/Challenges (35 mins) Break (10 mins) Small-Group Review (30 mins) Full-Group Action Planning (75 mins)	210 mins
		Min Total: 210
TOTAL MINUTES		1,320