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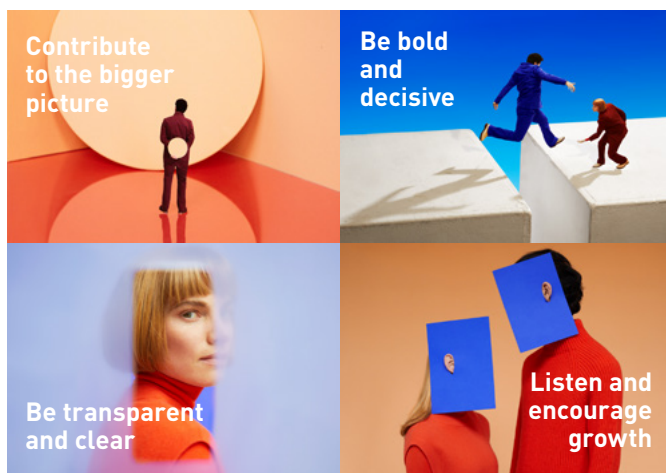
**of people taking
this workshop enjoy
their work more***

How can we work together effectively and enjoyably as a team?
How can we ensure that everyone feels appreciated and seen?
Have we clearly agreed upon what we stand for as a team and
what our goal is? And do we have the courage to discuss with
each other things that are not going well? To work together
effectively and pleasantly, we use the principles of
Art of Engagement.

TeamUp workshop

The TeamUp workshop allows teams to examine and improve their internal cooperation and communication using the four principles of the Art of Engagement. With colleagues, but also with customers, students and stakeholders.

The four principles of Art of Engagement are:



Who is this workshop for?

The TeamUp workshop is suitable for all teams with a shared team goal. The workshop is most effective for teams with four to twelve team members. If your team is larger, we will determine the most effective approach together.

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Structure of workshop

The workshop consists of three three-hour interactive sessions over a period of about six weeks. In these sessions, we will identify your team's goals together and define everyone's role. In addition, we will strengthen the internal connections and identify specific themes for the team to work on. Experienced CTL instructors and coaches will supervise the team in conducting talks, and in working on improving effectiveness and communication.

Session 1 My role in the team

During this session, you will become aware of your own role in the team, the roles of others and the team context.

Self-knowledge and an eye for diversity are prerequisites for effective discussions and collaboration. We will also focus on safety as the basis for effective collaboration.

In addition to addressing your own role, the session will draw attention to what connects you with your team members and how you are meaningful to the goals and priorities of your unit (the 'Contribute to the bigger picture' Art of Engagement principle). A common view of the bigger picture and a shared vision are essential to guide and focus teams.

Session 2 The good talk

Constructive communication with others is the main focus of session 2. You will practise starting a dialogue with others using an open attitude and the right language, listening to others and making room for other perspectives. In a practical simulation setting, you will be able to practise the roles that you can take on in a conversation. We will also focus on the importance of feedback, and we will create a list of effective conversation techniques. Furthermore, in a peer-to-peer exercise, we will explore how you can deal with moments of tension, discomfort and conflict in an educational, open manner. The 'Listen and allow room for growth' and 'Be clear and transparent' Art of Engagement principles will be covered in exercises and reflection in this session.

Session 3 Getting started

In session 3, we will move from reflection and practice to action (agency). You will look back on how the collaboration and learning with others has benefited you and the team. We will examine how different perspectives help to find new solutions, and you will define specific actions with which you can create and maintain an appreciative and healthy team and working climate in your own situation.

The 'Be bold and decisive' Art of Engagement principle will play a prominent role here. You will use the theme-based interaction model (TGI in Dutch) to highlight the factors that play a role in your team when you have to make choices and decisions.

Practical information

Prior to planning a workshop, we always hold a brief intake interview to discuss the specific team situation.

If you are a manager, we encourage you to register your team for a workshop. We are happy to conduct an intake. If you're not sure whether this workshop is right for your team, your team has more than 12 members, or if a series of three sessions is impossible to schedule, contact us to discuss how we can help you achieve your team's goals.

If you're an employee and think the workshop would benefit your team, discuss this with your manager and/or team and sign up your team. After registration, we are happy to conduct an intake with you and your manager together.

The TeamUp workshop is organised by HRMAM with in-house, qualified instructors who know VU Amsterdam well. The three-session workshop and intake costs between €2400 and €4200 (depending on team size), but is centrally funded for now, subject to change.

