



TripleWin Consulting

Excel

Leadership and teamwork can improve the performance of any organization. This 2-day course, appropriately named *Excel*, helps leaders and team members reach an entirely new level of performance. The *Excel* course uses physical challenges to simulate real organizational challenges and requires leaders and team members to practice high performance team behaviors. The results are organizational metaphors and lessons that easily translate into the workplace. The lessons are so powerful participants remember and talk about them for many years. Life-long relationships are formed with fellow participants. The concepts of teamwork vs. individual performance, collaboration vs. competition, support vs. peer pressure, and how to be personally accountable for results are explored. *Excel* can be a life-changing experience that provides a superior return for the training investment. High-rope events vary based on the outdoor course that is used.

Program Objectives:

- Build a strong team culture
- Establish a shared language to create or improve working relationships
- Increase teamwork, build trust and improve communication
- Discover the keys to team success and how to increase team effectiveness
- Build strong relationships that last

Course Overview:

This course uses a highly interactive teaching style, combining discussions of relevant theory and principles with challenging experiential activities to create a rich and engaging learning environment.

Content:

- **Comfort Zone:** exploring the role of the comfort zone in learning
- **TripleWin Relationship Model:** Compete, Coexist, Coordinate, Collaborate
- **T.R.U.S.T.:** Truth, Respect, Understanding, Support and Trustworthiness
- **Trust Building:** support vs. peer pressure, acts of courage
- **Excel Events:** a variety of both high and low physical events
- **Organization Metaphors:** translating the physical events into organizational lessons
- **Change Journey:** change, changing, changed
- **Circles of Control, Influence, Concern:** focusing on things we can change
- **Keys to High Performance in Teams and Organizations:** characteristics required to achieve high performance teamwork
- **Team Action Planning:** personal and team commitments