

Team Building Skills



Explore strategies for building more cohesive, inclusive, and productive teams in education.

Course Outline

Team Building Skills is designed to help staff, particularly in educational contexts, develop the teamwork skills necessary to work more effectively and productively in their departments and projects. The course examines topics such as team development, team roles, group dynamics, and conflict management, and considers the role of teamwork within diverse administrative structures. Participants also have the opportunity to share ideas and collaborate with fellow staff from around Europe, whilst enjoying Irish culture in one of Ireland's most vibrant cities.



All courses take place at the Atlantic Centre of Education in Galway, on Ireland's Wild Atlantic Way, offering participants the chance to explore Irish and local cultural heritage through a week-long programme that includes a full-day cultural tour, a guided walking tour of Galway city, and afternoon social and cultural activities, with staff available to recommend additional events and excursions.

Objectives

Explore ideas on Team Building with other colleagues or professional peers



Experience practical Team Building Activities that you can use with your Team



Look at ways to build trust among team members even on diverse teams



Promoting collaborative problem-solving



Share real life challenges with your group and work on solutions



Added value of the mobility

The course equips participants to establish positive workplace practices, gaining confidence in their ability to work effectively in a team or build productive teams.

Activities to be carried out

- Interactive teaching with input sessions, individual and group work.
- Workshop sessions to analyse and explore situations pertinent to the education sector
- Exploration of tools and practices to build a team and make it operate successfully.
- Cultural and heritage trips as part of a chaperoned group

Expected outcomes and impact

This course provides a professional development opportunity for participants which aims to enhance their ability to work effectively in or build a team. Through focused workshops, collaborative sessions, and group projects, participants are invited to share the knowledge and skills they have acquired with their colleagues. Sharing ideas and collaborating with fellow Education staff from around Europe is a further positive outcome.

Suitable for: Administrators, managers, principals and teaching staff working in the education sector

Minimum Level of English: B1 (CEFR)

Certificate: Certification of Participation and Attendance

Programme Length: 5 days of tuition (Monday to Friday) + 1 full-day activity
25 hours

Documentation provided: STT Invitation letter, Europass, Work Plan (on request), End of Course Certificate

SAMPLE TIMETABLE

Morning: 9.00-12.30 // Afternoon: 1.30-3.00

****suggested timetable only, actual content may vary**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introduction Icebreakers, needs analysis, and intention setting Defining Mindfulness & Emotional Intelligence Basic Mindfulness Practices Looking at theories of Emotions	Educator Tools for Mindfulness Mindfulness – a self-assessment Eating mindfully Nurturing vs Depleting Activities Working with the GROW coaching model	Creating a Reflective Classroom Teaching Active listening and conflict resolution Mindfulness for problem solving Enhancing teams & developing compassion for others	Mindful Lessons Developing a mindful lesson plan. Adapting your lessons to include mindfulness. Stimulating creative & critical thinking with mindfulness	Presentations and Feedback Peer Presentations Reflection and Review Course Overview & Self-Assessment Self-Study Resources and Next Steps
LUNCH BREAK				
Erasmus Workshop English Language & Irish Culture Walking tour of Galway	Erasmus Workshop eg. Speaking Skills & Pronunciation Pub Social Evenin	Erasmus Workshop eg. Learn English through Music	Erasmus Workshop Museum Visit	Erasmus Workshop Phrasal Verbs & Idioms

SUNDAY

TEAM BUILDING SKILLS 2026 COURSE DATES

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
						13-17 20-24 27-31	03-07 10-14				

Full-Day Tour to Wild Atlantic Way

Possible tours include:

Cliffs of Moher

(throughout the year)

Connemara (from May to October)

Aran Islands (from May to October)

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