


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 to Team Building Welcome Class & Tour of Atlantic Reflecting on Past & Present Teams Agreeing on the Concept of "Teams" What Makes an Effective Team? | Is Your Team Dysfunctional? From conflict to collaboration Assessing Team Challenges Case studies and problem solving Team Building Activity | How Do We Build Trust? Building Bridges & Respecting Boundaries Functional roles in successful Teams + roleplays. Team Building Activity | Are We a Team? Stages of Team Formation From forming to performing, team-building exercises that adapt to all contexts. Team Building Activity | Action Planning Peer Presentations. Reflection and Review. Course Overview & Self-Assessment Self-Study Resources + 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)

*optional extra

CONTACT:

john.daly@atlantic.ac

atlanticlanguage.com

Fairgreen Road, H91 AXK8,

Galway, Ireland

ERS OID: **E10256058**