



LEADERSHIP AND MANAGEMENT DEVELOPMENT

Team Building and Collaboration for Wellbeing

3 day course

Classroom, online or in-house

Course overview

This course covers building a team that works well together and does not damage its members in the process. Delegates work through the conditions that make collaboration possible, role clarity and the disputes that arise without it, trust and how it is actually built, and the handling of the specific frictions that appear in cross functional and distributed teams. Wellbeing is treated as an outcome of how work is organised rather than an add on, and the course covers the practical adjustments in workload, meeting design and communication expectations that make the largest difference.

What you will learn

- Establish the conditions that make collaboration possible
- Create role clarity and prevent the disputes that arise without it
- Build trust through observable behaviour rather than exercises
- Handle friction in cross functional and distributed teams
- Design meetings and communication expectations that reduce load
- Organise work so wellbeing is an outcome rather than an initiative
- Recognise a team dynamic that requires intervention

Who should attend

- Team leaders and managers
- Project managers leading cross functional teams
- Human resources and organisational development staff
- Distributed and hybrid team leaders
- Anyone responsible for team effectiveness

Course outline

- 01 What makes collaboration possible
- 02 Role clarity and the disputes caused by its absence
- 03 Trust, and how it is actually built
- 04 Cross functional friction
- 05 Distributed and hybrid team dynamics
- 06 Meeting design and communication expectations
- 07 Organising work so wellbeing follows
- 08 Recognising a dynamic that needs intervention

Upcoming dates

Dates	Venue	Format	Fee per delegate
2 to 4 October 2026	Windhoek, Namibia	Classroom	R11,995
6 to 8 October 2026	Lilongwe, Malawi	Classroom	R11,995
12 to 14 October 2026	Windhoek, Namibia	Classroom	R11,995
5 to 7 November 2026	Nairobi, Kenya	Classroom	R11,995



Fees and how to register

Online **from R6,500** per delegate, classroom **from R11,995** per delegate, in-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afri-science.co.za, or WhatsApp us on **+27 63 479 1136**.

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