

88% of participants agreed that 'TeamUP' helped them to:

- Improve team dynamics
- Strengthen relationships
- Build a high performance team



About the Programme:

2 days [3 hours per session]

In order to customise the programme to suit your organisational needs, participants will first respond to an online survey prior to its commencement.

This is to enable the facilitator to gauge the team dynamics and identify areas to focus on.

Thereafter, through playing sports, participants will learn about team development through role play, engage in team conversation and undergo self reflection.

Benefits:

Through TeamUP, participants will be able to:

- Understand and demonstrate traits of an effective team
- Understand the stages of team development and team dynamics
- Cultivate productive work relationship in workplace

Types of Sport:

- Touch Rugby
- Tchoukball
- Ultimate Frisbee
- Netball & more

For more information, such as the Impact Analysis Report of this programme, visit myActiveSG.com or email sport_corporateenquiries@sport.gov.sg

“Through this programme, I have developed a greater bond with my teammates. I also believe in the value of how having a strong team dynamics can affect our day-to-day work.”

Jonathan Wijaya, Manager at LiveStudios Photography Pte Ltd

“After this programme, I am impressed by my team’s commitment in sharing their thoughts freely and applying their understanding of effective communication, commitment and team work when they go about completing their tasks at hand.”

Jean Chng, General Manager at Raydent Supplies (S) Pte Ltd

“Business owners often tell me that they are unable to retain talent. Could it be due to their obsession on bottom lines? I feel they need to create an environment that advocates and encourages fair play, positive attitude, and enthusiasm to contribute. My hope is that SMEs will utilise TeamUP to help them create such an environment.”

Vera Lim, Business Advisor at SME Centre @ASME

“I have realised the importance of role clarity through this programme. We used to be a small company where we were like a family – everybody helped each other out whenever necessary. However, now that the company has grown, this working style is no longer viable. We need to have our roles and expectations spelled out more clearly in order to produce better results.”

Andrew Lioe, Executive Director at A4 International Pte Ltd



TeamUP

A Programme to Building Effective Teams through Sport

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TeamUP

Nothing brings people together quite like sports. It's competitive, high energy, but most of all, fun. If designed, structured and delivered purposefully, it can be a most powerful vehicle to develop individuals and teams in organisations.

That is why the **'TeamUP'** programme provides working teams with an experiential opportunity to come together through facilitated conversations, observations and reflections – through sport.

This programme draws on established team development models such as **Patrick Lencioni's Five Dysfunctions of a Team³**, **Bruce Tuckman's Stages of Group Development²** and uses Sport Singapore's **Game For Life (GFL) Framework¹**. GFL achieved its recognition as one of the Most Innovative Project Award at the Public Service 21 ExCEL Awards 2014.

By mirroring sporting situations, participants will learn and apply the traits and behaviours of a high performing team.

Following are **Traits & Phases⁴** that teams should journey through to achieve results:
Phase 1 : Members **Trust** each other

Phase 2 : Members engage in unfiltered, healthy debate around ideas, which results in Team **Satisfaction**

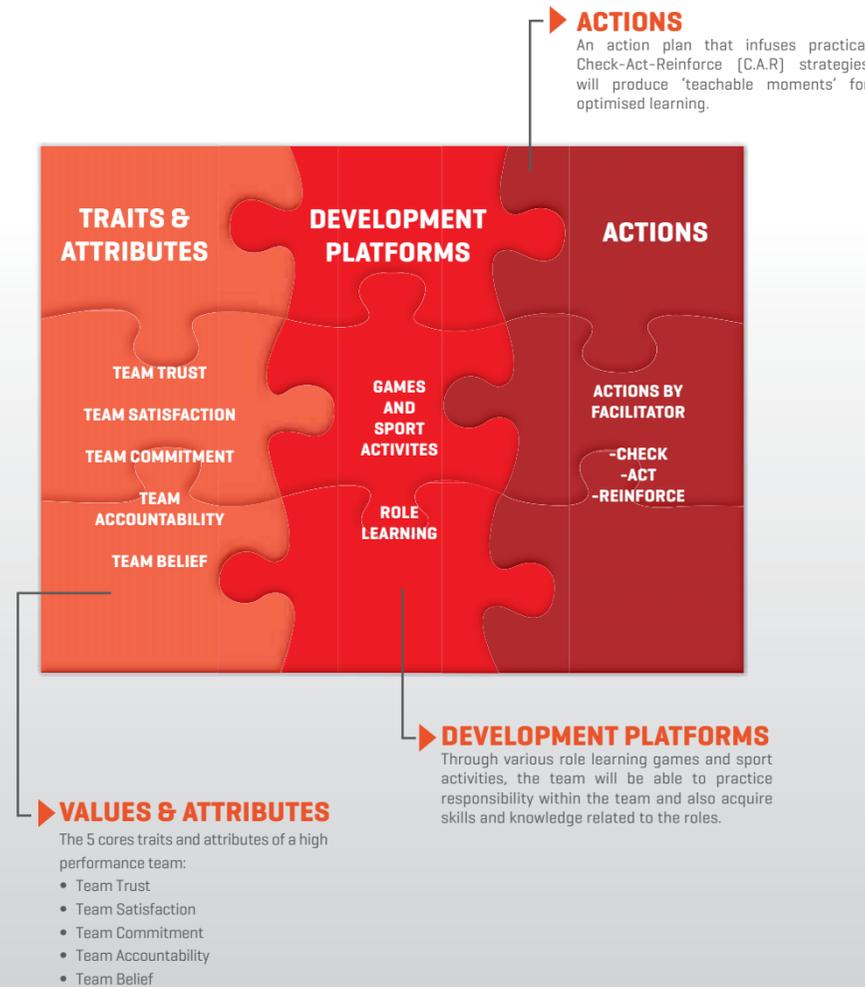
Phase 3 : Team **Commits** to decisions and plans of actions

Phase 4 : Holding one another **Accountable** for delivering of those plans

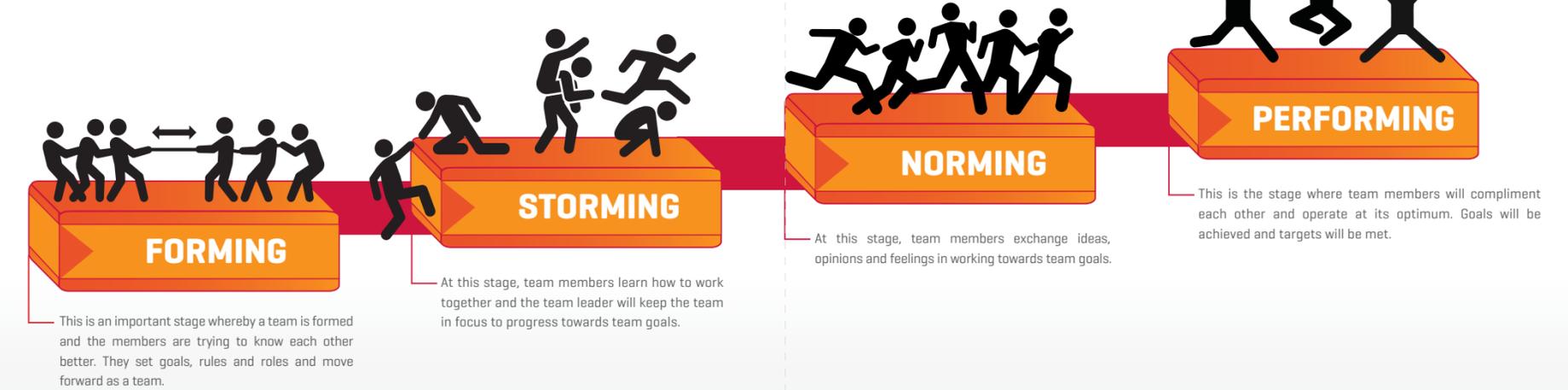
Phase 5 : Team **Belief** is strong and members focus on achievement of collective results



MODEL 1: Game for Life Framework¹



MODEL 2: Tuckman's Team Development Model²



MODEL 3: Patrick Lencioni's 5 Dysfunctions of a Team³

