

A Psychologist's Tips for Improving Team Performance

GoSkills online course syllabus

Skill level

Beginner

Lessons

12

Pre-requisites

No prior experience needed

Video duration

21m

Estimated study time

21m 38s

Instructor

Jason Richardson, PsyD

Introduction

- 1 Embracing team potential**
Embracing the power of teams can lead to personal and professional fulfillment.

Enhancing Team Dynamics

- 2 Core elements of team success**
The foundation of team performance lies in communication, strengths, and handling outcomes.
- 3 Building trust within teams**
Trust is the linchpin of effective teamwork.
- 4 The power of depersonalization**
Removing personal bias can lead to clearer problem-solving.
- 5 Conversations for corrective action**
Discussing errors effectively can prevent trust erosion.
- 6 Reflective listening for team clarity**
Reflective listening enhances mutual understanding within teams.

Personalizing Teamwork

- 7 Leveraging personality in teams**
Recognizing and utilizing personality traits can optimize team performance.

8 **Strengths, weaknesses, and confidence**
Communicating strengths and growth areas fosters team confidence.

9 **Incentivizing team success**
Effective rewards motivate and unite teams.

10 **The importance of redemptive action**
Learning from failures through redemptive actions fosters growth.

11 **Celebrating team achievements**
Celebrating successes builds team morale and motivation.

Conclusion

12 **Transforming team performance**
Integrating psychological insights can transform team interactions and outcomes.

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