



TeamSmart®

“the session was amongst the groups favourites - I got a lot of positive feedback and most would have liked more time with you. Personally I enjoyed the session and the value for money was there for me. I have recommended your course to other senior managers in the company.” K.H. Director, IT Services Company 2004

®

Introducing a new learning experience in the Work Excellence® Series that will enhance your staff's team performance through an integrated approach to mental and physical resilience. The programme is quick, fun, self-empowering, delivered by an experienced subject matter expert in a convenient format that reduces time away from work.

A new approach

TeamSmart® is based upon the Jim Bright and Associates' team performance model. Outstanding performance of your team requires people who possess the right:

- Attitudes
- Knowledge
- Skills
- Abilities

But that is not enough, even the best people will not perform at their peak individually or in a team if they are not at their:

- Mental peak
- Physically healthy

The best teams work well under pressure – it brings out their true character. Elite sports teams have long recognised that team success requires people who stay alert, handle pressure and avoid injury. Elite performance in organisations requires the same formula – the TeamSmart® formula!

TeamSmart™

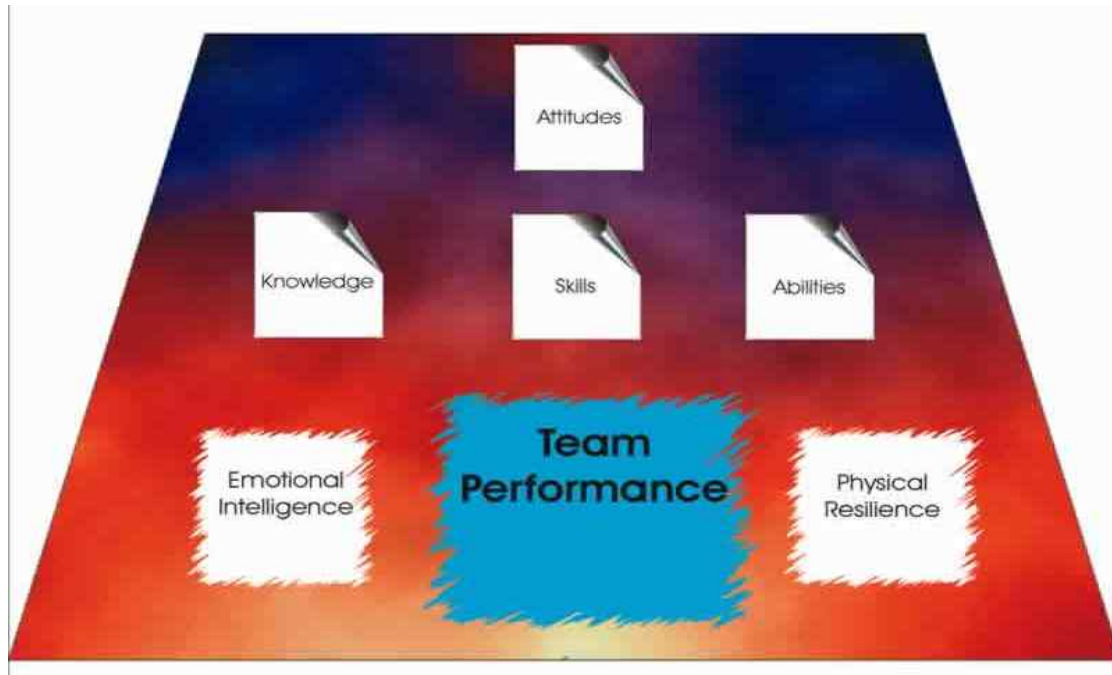
TeamSmart® is a fast and effective programme designed to empower your team members with the key productivity drivers of Emotional and Physical Resilience to deliver outstanding team performance.

TeamSmart® Benefits

TeamSmart® will show your employees how to develop emotional and physical resilience in high-pressure situations, allowing them to work at their peak. The program empowers participants to:

- **eliminate** pressure through proactive interventions
- **increase** mental stamina and personal coping strategies
- **manage** pressure through understanding demands and marshalling personal resources more effectively
- **combat** bad habits and reactions to pressure
- **provide** 5 simple strategies to thrive on pressure

TeamSmart® Model



Practical, positive, and fun

- interactive sessions, facilitated by experienced trainers
- delivery by subject matter experts
- expert coaching and feedback
- extensive prepared notes and tips
- each participant receives a TeamSmart book to support their ongoing learning

Flexible Delivery

TeamSmart® can be delivered to suit your needs, on your premises, or on ours in North Sydney. TeamSmart® can be run as a half-day workshop, as a highlight of your conference, or as four one-hour sessions.

Experts

The TeamSmart® programme has been developed by highly qualified and experienced Organisational Psychologists. Each programme is facilitated by a fully qualified Organisational Psychologist focussing on team behaviours and strategies.

Book your programme now

Jim Bright and Associates

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