Goskills

A Psychologist's Tips for Improving Team Performance

GoSkills online course syllabus

Skill level
Beginner

Lessons
12

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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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