



Teamwork And Team Building

SEHG-WPE-8819 · Business · approx. 7 min seat time · English · 100% online, self-paced

Accreditation & industry alignments: none verified on record — institutional accreditor mapping pending

COURSE DESCRIPTION

Workplace Essentials course covering teamwork and team building. Self-paced lessons with applied exercises.

WHO THIS COURSE IS FOR

Working professionals, team leads, and career-changers who want practical, job-ready Business skills — no prior coursework required. Teams and organizations can enroll groups for consistent, measurable upskilling.

WHAT'S INCLUDED

- 1 clock hour(s) of self-paced online learning
- 12 course modules
- 7 instructional videos — 7 minutes of total video runtime
- This syllabus (PDF), downloadable for reference
- Official SEHG Certificate of Completion upon finishing the course
- Language editions: English · Español

Delivered 100% online and self-paced in the SEHG learning platform. This section lists the materials currently delivered for this course.

MODULE MAP

- **Module 1 — Introduction**
 - Course Objectives
- **Module 2 — Defining Success**
 - What is a Team?
 - An Overview of Tuckman and Jensen's Four-Phase Model
- **Module 3 — Types of Teams**
 - The Traditional Team
 - Self-Directed Teams
 - E-Teams
- **Module 4 — The First Stage of Team Development - Forming**
 - Hallmarks of This Stage
 - What to Do as a Leader
 - What to Do as a Follower
- **Module 5 — The Second Stage of Team Development - Storming**
 - The Hallmarks of This Stage
 - What to Do as a Leader
 - What to Do as a Follower
- **Module 6 — The Third Stage of Team Development - Norming**
 - The Hallmarks of This Stage
 - What to Do as a Leader

- What to Do as a Follower
- **Module 7 — The Fourth Stage of Team Development - Performing**
 - Hallmarks of this Stage
 - What to Do as a Leader
 - What to Do as a Follower
- **Module 8 — Team Building Activities**
 - The Benefits and Disadvantages
 - Team-Building Activities That Won't Make People Cringe
 - Choosing a Location for Team-Building
- **Module 9 — Making the Most of Team Meetings**
 - Setting the Time and the Place
 - Trying the 50-Minute Meeting
 - Using Celebrations of All Sizes
- **Module 10 — Solving Problems as a Team**
 - The Six Thinking Hats
 - Encouraging Brainstroming
 - Building Consensus
- **Module 11 — Encouraging Teamwork**
 - Some Things to Do
 - Some Things to Avoid
 - Some Things to Consider
- **Module 12 — Assessment**

COMPLETION & CERTIFICATION

Completion-based: a certificate of completion is issued after all course videos have been viewed.
The certificate of completion is non-credit. This course does not currently carry academic credit or CEUs.

OFFICIAL SEHG CERTIFICATE

Graduates receive the official Synergy University Education Certificate of Completion — issued by the Office of the Registrar with a unique credential ID, shareable to LinkedIn and verifiable online.

Every certificate carries a unique credential ID — verify at:

SynergyEducation.AI/verify

SUPPORT, ACCESS & POLICIES

- Support: CEO@SynergyEducation.AI
- Accessibility: ADA/WCAG 2.1 AA-first delivery; accommodations available on request.
- Academic integrity and refund policies: per SEHG student handbook.

Enroll Today

Tuition per learner (Essentials tier) — enroll online with the course code below.

\$49 · SEHG-WPE-8819 · SynergyEducation.AI

Also available: instructor-led workshop kits for teams — in-person training agendas, playbooks, and facilitator materials built on this course. Contact CEO@SynergyEducation.AI.