



# TEAM BUILDING WORKSHOPS

Effective mental health services rely on teams that communicate clearly, build trust, and collaborate with care. Our customized team-building workshops support clinicians, support staff, and program teams in strengthening professional relationships, reflective practice, and shared problem-solving.

Offered on-site or off-site, these facilitated workshops are tailored to the needs of behavioral health organizations and clinical settings. Through guided discussion, real-world practice scenarios, and structured team activities, participants build skills that support collaboration, resilience, and high-quality, client-centered care

## OVERVIEW

### TOPICS

- Four Horsemen of Negative Communication
- Gossip: The Trust Killer
- Common Ground
- Consultation: Strategies for IRL problem solving

### TOOLS

- Conversation Starter Cards
- Communication Strategies
- Writing, Drawing, Movement Activities
- Team building Activities

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