



ELEMENTAL
TRAINING & DEVELOPMENT



TEAM SYNERGY: WHERE BEHAVIOUR SHAPES BETTER TEAMS

*Understand differences. Build trust.
Work better together.*

Why Team Synergy Matters

- ✓ Understand each other's behavioural and communication styles.
- ✓ Strengthen trust and psychological safety.
- ✓ Improve day-to-day communication and reduce misunderstandings.
- ✓ Develop mutual respect, accountability and shared goals.
- ✓ Empower teams to navigate change and thrive together.
- ✓ Work through differences with respect, clarity and practical frameworks.

What we do

Team Synergy combines DISC behavioural insights, real scenarios, and practical tools.

- ✓ **Understanding Self and Others** - learn how different behavioural styles shape communication, decisions and teamwork.
- ✓ **Practical Team Tools** - recognize blind spots, strengths, and stress signals. Develop clear, respectful ways to handle tension.
- ✓ **Applied Team Sessions** - hands-on activities and real examples help your team practise strategies that stick.

How it works - The Team Synergy Cycle

Our proven process for building high-performing teams.

- ✓ **Assess:** Complete a Personal Development Assessment to gain individual and team insights.
- ✓ **Explore:** Recognize differences with real workplace scenarios and discussions.
- ✓ **Apply:** Practise new ways of communicating, resolving conflict and building trust.
- ✓ **Thrive:** Use your shared language and behavioural insights to build trust and collaboration every day.

Let's build stronger teams together! Start the conversation today!
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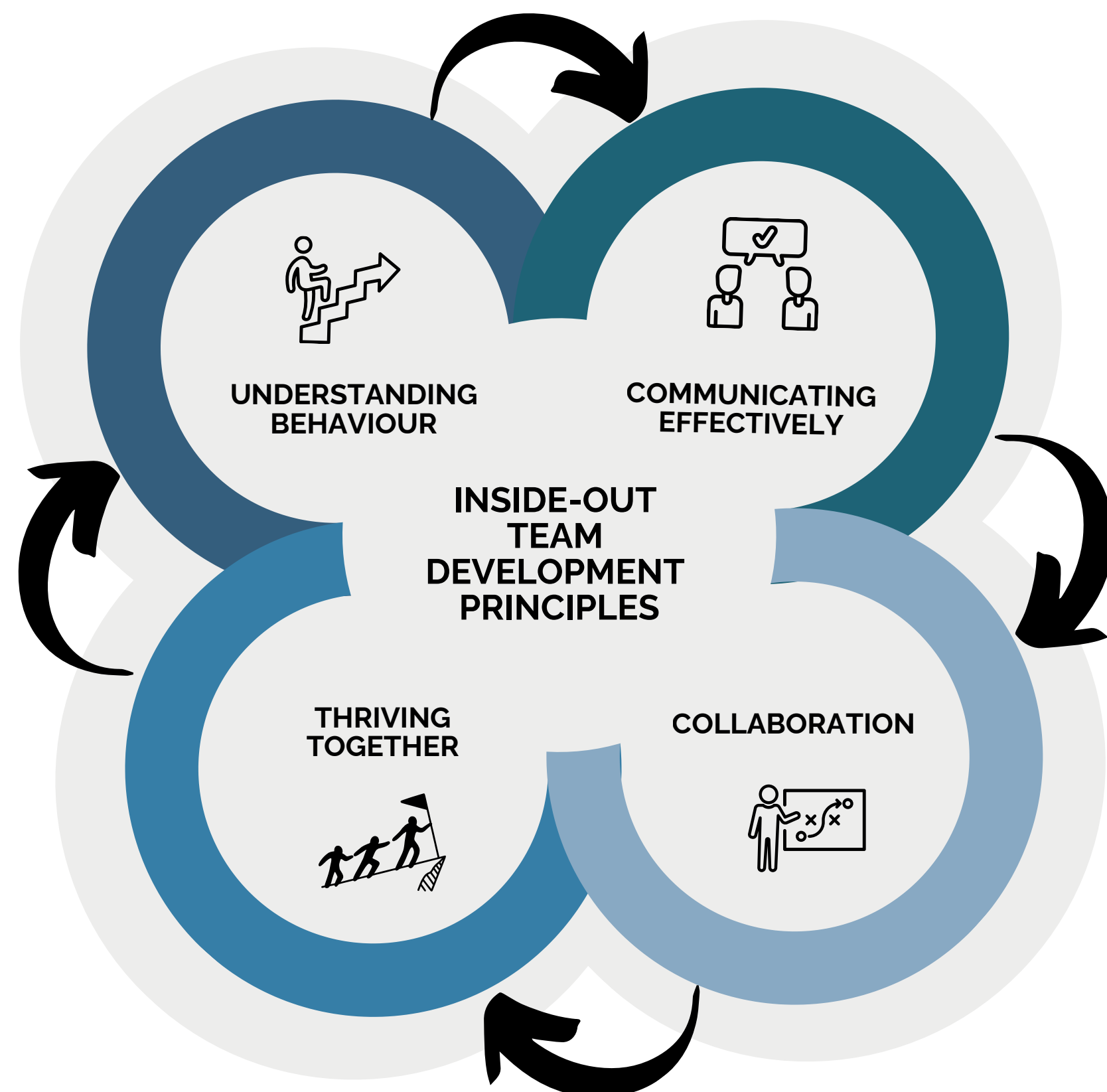


Our Core Workshops

- ✓ **Team Communication and Collaboration**
Strengthen active listening, feedback, and mutual understanding.
- ✓ **Conflict Resolution & Trust Building**
Address workplace tensions using behavioural insights.
- ✓ **Customized Team Sessions & Retreats**
Tailored workshops to tackle your unique challenges and goals.

The 4 Pillars of Team Synergy

- ✓ **Understanding Behaviour:**
 - DISC-based insights to reveal team dynamics, strengths and blind spots.
 - Build empathy and awareness for different work styles.
- ✓ **Communicating Effectively:**
 - Clear respectful conversations to keep teams aligned.
 - Practical tools for giving and receiving feedback.
 - Adapt styles to different team dynamics.
- ✓ **Collaboration & Solving Problems:**
 - Strengthen trust and mutual accountability.
 - Tackle challenges together to turn conflict into progress.
- ✓ **Thriving Together:**
 - Build team resilience and adaptability in changing environments.
 - Foster continuous learning, stronger relationships and lasting results.



About the Facilitator



Claudina is a behavioural specialist who helps teams **build trust, communicate effectively, and thrive together**.

She uses practical **behavioural insights** to create **customized workshops** that turn self-awareness into stronger collaboration and shared results.

Her sessions **break down silos, strengthen relationships, and empower teams** to tackle real challenges with clarity and confidence — because great teamwork starts with understanding each other from the inside out.

