



# 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.





### 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:

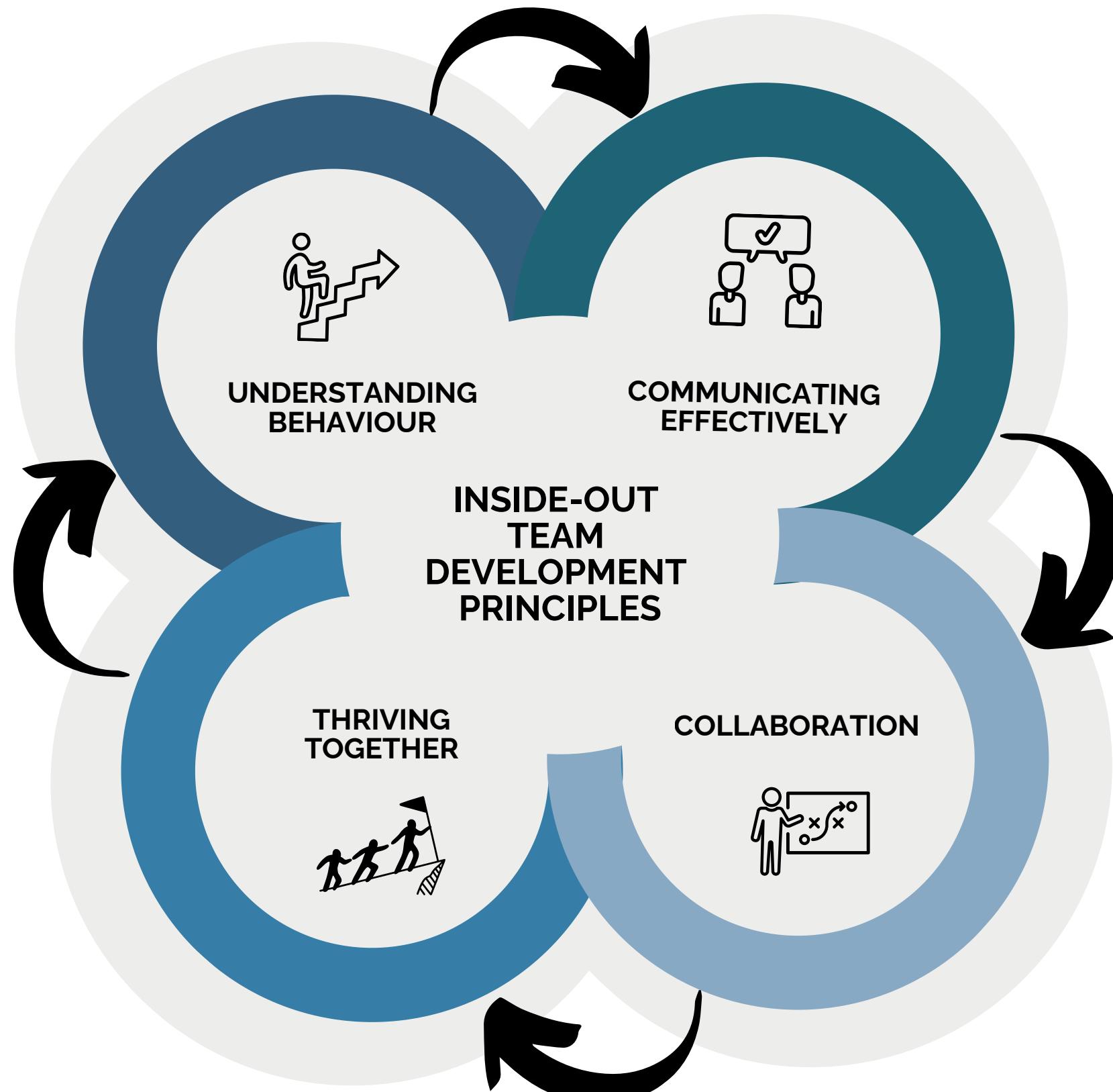
- Clear respectful conversations to keep teams aligned.
- Practical tools for giving and receiving feedback.
- Adapt styles to different team dynamics.

#### 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.

