

# TEAMBUILDING AND COLLABORATION MASTERY

(Wednesday) 12<sup>th</sup> March 2025 (01 Day)

10:00AM - 02:00PM

In-person @ UIC premises

Training Language in English

FEES FOR UIC MEMBERS  
KWD 95

FEES FOR NON-MEMBERS  
KWD 125



**Dr. Arezou Harraf**

## Introduction:

The two-day teambuilding training aims to enhance collaboration, communication, and camaraderie among junior and senior specialist employees, fostering a cohesive and productive work environment. Participants will develop a deeper understanding of their colleagues' strengths, build trust, and acquire practical tools to improve teamwork.

## Target Audience:

- Executive and Leadership
- Analysts and Research Professionals
- Business Development and Relationship Management Teams
- Operations and Compliance Teams
- Support and Administrative Staff
- Traders and Market Professionals
- Advisory and Consulting Professionals
- All Staff



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## Outcomes:

Upon completion of the training, participants will be able to:

- Demonstrate effective communication within cross-functional teams.
- Apply problem-solving skills collaboratively.
- Foster a positive team culture and morale.
- Understand and appreciate diverse perspectives within the team.
- Strengthen interpersonal relationships for improved teamwork.

## Outline:

### Module 1: Icebreakers and Team Dynamics

- Introduction to the training's goals and expectations.
- Icebreaker activities to not only break the ice but also unveil individual strengths and interests.
- Team-building games emphasizing collaboration, communication, and problem-solving.

### Module 2: Communication Excellence

- Delve into the neuroscience of communication and its impact on team dynamics.
- Interactive communication styles assessment to better understand individual and team preferences.
- Role-playing scenarios to practice assertive communication and active listening.

Hands-on Activity: Conduct a mock team meeting where participants must navigate through a challenging scenario, applying the communication skills learned.

### Module 3: Problem-solving in Teams

- Explore different problem-solving methodologies, including design thinking and agile approaches.
- Group exercises to simulate real-world problem-solving situations, allowing participants to apply learned strategies.
- Analyse case studies of successful team problem-solving in various industries.

### Closing Session: Reflection and Action Planning

- Facilitated reflection on personal and team growth throughout the training.
- Group discussion on the application of newfound skills in day-to-day work.
- Small group action planning sessions to outline specific strategies for implementing learned concepts in the workplace.



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### Expert's Profile: Dr. Arezou Harraf

An experienced educator, Dr. Arezou Harraf holds a Ph.D. in Technology Management and Human Resource Training and Development. She serves as the Head of the Department of Business Studies at Box Hill College Kuwait. She is a Visiting Assistant Professor at the University of Nevada Las Vegas during the summer term. She also serves as an academic advisor for several MBA students at Maastricht University.

Dr. Harraf is the founder and CEO of Learn & Evolve LLC. In this capacity, she helps organizations use strategy, science, and psychology to address workforce challenges such as low performance, productivity, turnover, and retention issues. Moreover, Dr. Harraf is co-founder of Amplify Women Leadership Boot-camp to train women with skills to help them advance to executive positions within their organizations and or become successful venture creators and entrepreneurs. With a focus on the future of technology and HR, she consults with organizations on improving existing in-house technology platforms to enhance features relating to HR and employee needs.

Dr. Harraf is vice-chairperson of the Board of Directors at ABCK-Am-Cham Kuwait, where she also leads the Women in Business and Knowledge Economic focus groups and holds additional memberships in the Academy of Human Resource Development, Academy of Human Resource Management, Chartered Institute of Personnel Development, Academy of Management, Women of Tech in MENA, and Graduate Women in Science.