



## MTC Phase II "Train the Trainer"

CPD Accredited Course

### ● MTC Phase 2 – "Train the Trainer" - 2 Day Course

#### Phase II – 2 Day Course

#### Delegates will:

- \* Need to have successfully completed MTC Phase I training before completing the Phase II course
- \* Practice the advanced principles of Appreciative Inquiry and the 4D Review techniques
- \* Update themselves with the new MTC activities and outcomes
- \* Learn the basic principles of Emotional Intelligence and how to apply E.I. to MTC activities
- \* Learn how to apply the principles of Blanchard - Hersey's Situational Leadership, John Adair's Action-Centred Leadership to MTC activities
- \* Learn how to create Trust, Respect, Diversity awareness, increased self esteem, behavioural change and motivation using E.I.
- \* Learn how to create High Performance Teams utilising Patrick Lencioni's "The 5 Dysfunctions of a Team" model
- \* Discover the 4 Motivational Theories and how to apply them
- \* Consider Adair's Action-Centred Leadership theory
- \* Learn the basic principles of NLP communication techniques
- \* Learn the concepts of Transactional Analysis in communication styles
- \* Explore and apply Stephen Covey's "The 7 Habits of Highly
- \* Consider the impacts and benefits of Mindfulness, Well-Being and how to build Stress Resilience.
- \* Learn the difference between teaching, instructing, training, coaching and facilitation and when is the best time within a course to use the them.
- Take a deeper look at different coaching models (STEP, CLEAR and GROW) in order to get the most out of coaching sessions.

**Cost for up to 12 delegates = £1.940.00 Includes all materials, workbooks, certificates and Trainer's expenses but excludes VAT**

# Core Competencies for Learning, Leading, and Collaboration

*Developing Powerful, Positive Relationships to Achieve Organizational Excellence*

## Teambuilding & TeamLeader FUEL Pack Activities

Concept	Activity	Activities																								
		All Aboard	Alphanumeric	Blindfold Walk	Blind Polygon	Changing Places	Chaos Toss	Clear Vision	Connection Walk TL	Digital Access	Getting Organized	I Can Do It	40 Icebreakers	Impasse	A Knotty Situation	Lost in the Cave	Magic Pieces	Paradigm Shifter	Quicksand	Slogans	Speedball	Stepping Stones	Switch	Tangrams	Trust Me	Winner Share All
<b>Personal Skills</b>																										
	Accountability		●				●		●	●							●			●	●	●	●			●
	Attitude																				●	●				●
	Empathy			●			●		●			●		●		●				●	●	●			●	
	Feedback (give & take)			●			●													●	●	●				●
	Flexibility															●				●	●		●			
	Goal setting	●	●							●												●	●			
	Integrity																				●	●				●
	Perseverance				●									●				●	●		●	●				
	Resilience																				●	●				●
	Self-awareness			●									●								●	●			●	●
	Self-management		●	●																	●	●			●	●
	Self-motivation			●										●					●		●				●	
<b>Leadership Skills</b>																										
	Communication			●	●	●				●							●			●						
	Critical Thinking		●	●	●	●			●		●		●	●				●				●		●		●
	Decision Making								●																	
	Listening		●	●	●				●	●	●					●										
	Management		●							●											●					
	Motivation																									
	Systems Thinking									●												●				
	Vision									●																
<b>Teamwork</b>																										
	Appreciative Inquiry																				●		●			
	Celebration & Play		●							●	●		●		●						●					
	Conflict Resolution													●							●			●	●	●
	Cooperation	●																						●		●
	Dialogue & Inquiry		●		●					●	●		●			●					●	●	●			●
	Innovation			●															●			●				
	Learning		●	●						●		●							●							
	Openness	●																								
	Planning		●				●	●		●																
	Perspective taking				●					●													●		●	●
	Problem solving					●					●		●	●		●						●		●		●
	Respect	●		●																					●	●
	Rapport	●											●									●		●	●	●
	Support	●		●																				●	●	●
	Trust			●	●															●					●	●
	Valuing diversity			●	●								●								●		●			●
	Valuing diversity			●	●							●									●		●			●
	Trust			●	●																●				●	●
	Support	●		●																				●	●	●
	Rapport	●											●											●	●	●





**Leadership, Followership and Conflictor**

**Leaders and Followers**

- Shared Vision
- Harmony
- Teamworking
- Collaborative
- Positive Energy
- Functional
- Trusting

**Taskwork Model**

- Learning
- Working
- Performing

**Conflictor**

- Unparticipative
- Dominant
- Negative
- Interacting
- Dominating
- Rebellious

The diagram shows a central red circle labeled 'LEADERSHIP' surrounded by a blue ring labeled 'FOLLOWERSHIP'. Three red arrows point from the 'LEADERSHIP' circle to the 'FOLLOWERSHIP' ring. The 'Conflictor' label is positioned below the 'FOLLOWERSHIP' ring.

