

Training Timing: Three-Day Program

The modules in the Three-Day Program are anywhere from 1 to 3-½ hours in length, and can be broken across the three days as shown below.

DAY 1		
Module 1: Introduction	Cohesive Teams (25 mins) Review the Model (40 mins) Team Survey Results (10 mins)	75 mins
Module 2: Trust	Defining Trust (15 mins) Video Review (20 mins)	35 mins
	Break	15 mins
Module 2: Trust (cont)	Team Survey Results (20 mins) Personal Histories (40-60 mins)	60-80 mins
	Lunch	60 mins
Module 2: Trust (cont)	Trust and DiSC (20 mins) The Team and DiSC (20-30 mins) Trust-Building Behaviors (15 mins) Action Planning (20 mins)	75-85 mins
	Break	15 mins
Module 3: Conflict	Defining Conflict (25 mins) Team Survey Results (25 mins) Video Review (25 mins)	75 mins

DAY 2		
	Quick Recap of Previous Day	15 mins
Module 3: Conflict (cont)	Conflict and DiSC (10 mins) Healthy and Unhealthy Behaviors (40 mins) Conflict-Related Behaviors (25 mins) Action Planning (20 mins)	95 mins
	Break	15 mins
Module 4: Commitment	Defining Commitment/Video Review (25 mins) Team Survey Summary Results (5 mins) Clarity and Buy-in Teach Back (25 mins) Commitment-Related Behaviors (20 mins) Setting Ground Rules (30 mins) Action Planning (20 mins)	125 mins
	Lunch	60 mins
Module 5: Accountability	Defining Accountability (10 mins) Video Review (25 mins) Team Survey Summary Results (5 mins) Small Group Report-Outs (30 mins) The Value of Accountability (15 mins)	85 mins
	Break	15 mins
Module 5: Accountability (cont)	Giving and Receiving Feedback (40 mins) Accountability-Related Behaviors (15 mins) Action Planning (20 mins)	75 mins

DAY 3		
	Quick Recap of Previous Day	15 mins
Module 6: Results	Defining Results (5 mins) Lack of Focus (15 mins) Team Survey Results (25 mins) Video Review (25 mins)	70 mins
	Break	15 mins
Module 6: Results (cont)	Team Scoreboard (40 mins) Results-Related Behaviors (15 mins) Action Planning (20 mins)	75 mins
	Lunch	60 mins
Module 7: Review and Action Plan	Review of Strengths/Challenges (20 mins) Small-Group Review (20 mins) Full-Group Action Planning (50 mins)	90 mins