MERCURY

Group Dynamics Leadership Training

23 – 27 November 2026
Rome (Italy)



Dubai - UAE: +971 4 450 5697
Istanbul - Türkiye: +90 539 599 1206
Amman - Jordan: +962 79 712 3347

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Ref: 15197_250931 **Date:** 23 – 27 November 2026 **Location:** Rome (Italy) **Fees:** 6200 Euro

Introduction:

A comprehensive group dynamics leadership training program will equip leaders with the skills and knowledge to effectively manage and inspire teams in a dynamic and ever-changing corporate environment. Understanding group dynamics is critical for leaders who aim to foster collaboration, enhance communication, and drive team performance to new heights.

This group dynamics leadership training course delves into the intricacies of group behavior, exploring how individuals interact within teams, how group roles and norms develop, and the impact of these factors on overall team effectiveness. By mastering the principles of group dynamics, leaders will be better prepared to navigate challenges, resolve conflicts, and cultivate a positive and productive organizational culture.

This group dynamics leadership course is tailored for emerging leaders and experienced managers. It offers practical insights, proven strategies, and hands-on exercises to transform theoretical concepts into actionable leadership practices. Join us to unlock your team's full potential and lead confidently and competently in today's competitive business landscape.

Enhancing Team Dynamics through Leadership:

Leadership is about guiding individuals and understanding the complex interplay of personalities and interactions within a group. Effective leadership and team dynamics are pivotal to success in this era of heightened collaboration.

This course will provide the latest leadership techniques to improve group dynamics, ensuring you can foster a cohesive and results-oriented team. Embrace the transformative power of dynamic leadership training to elevate your team's performance and synergy.

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Targeted Groups:

- Emerging Leaders.
- Experienced Managers.
- Team Supervisors.
- Project Coordinators.
- Department Heads.
- HR Professionals.
- Corporate Trainers.
- Organizational Development Consultants.
- Team Leads in Agile Environments.
- Executives Seeking Enhanced Team Performance.

Course Objectives:

At the end of this team dynamics leadership course, the participants will be able to:

- Understand the fundamentals of group dynamics.
- Identify various group dynamics leadership styles and their impact on teams.
- Enhance communication skills for effective team interaction.
- Develop strategies to manage and resolve conflicts.
- Foster a collaborative and inclusive team environment.
- Strengthen team-building techniques and practices.
- Improve decision-making processes within groups.
- Cultivate emotional intelligence for better leadership.
- Apply motivational techniques to inspire team members.
- Implement change management strategies effectively.
- Build trust and credibility within the team.
- Enhance problem-solving skills through group collaboration.
- Promote cultural competence and diversity awareness.
- Improve performance management practices.
- Develop strategic thinking capabilities for leadership.

Targeted Competencies:

At the end of this team dynamics leadership training, the participants will be able to:

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- Effective Communication.
- Conflict Resolution.
- Team Building.
- Leadership Styles.
- Motivational Techniques.
- Decision-Making Skills.
- Emotional Intelligence.
- Cultural Competence.
- Collaborative Problem Solving.
- Adaptive Leadership.
- Influencing Skills.
- Change Management.
- Performance Management.
- Strategic Thinking.
- Trust Building.

Course Content:

Unit 1: Fundamentals of Group Dynamics:

- Explore the key concepts of group dynamics.
- Understand the stages of group development: forming, storming, norming, performing, and adjourning.
- Analyze group roles and how they influence team behavior.
- Examine group norms and their impact on team performance.
- Identify the characteristics of effective teams.
- Learn about social facilitation and social loafing in groups.
- Study the dynamics of group cohesion and its importance.
- Investigate the psychological aspects of group membership.

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Unit 2: Leadership Styles and Their Impact:

- Discover various leadership styles: autocratic, democratic, transformational, and laissez-faire.
- Assess the strengths and weaknesses of each leadership style.
- Learn how to adapt leadership styles to different team needs.
- Understand the role of situational leadership in group dynamics.
- Explore the concept of servant leadership and its application.
- Analyze the impact of leadership styles on team motivation and morale.
- Study case examples of successful leadership in different group settings.
- Identify your leadership style through self-assessment tools.

Unit 3: Effective Communication in Teams:

- Understand the principles of effective communication in a team setting.
- Explore active listening techniques to enhance understanding.
- Learn how to provide constructive feedback to team members.
- Develop skills for facilitating open and honest team discussions.
- Study the impact of non-verbal communication on team interactions.
- Examine barriers to effective communication and strategies to overcome them.
- Explore the role of technology in team communication.
- Practice communication techniques through role-playing exercises.

Unit 4: Conflict Resolution and Problem-Solving:

- Identify common sources of conflict in teams.
- Learn techniques for managing and resolving conflicts constructively.
- Understand the role of negotiation and mediation in conflict resolution.
- Explore strategies for fostering a collaborative problem-solving environment.
- Study the impact of unresolved conflict on team performance.
- Develop skills for identifying and addressing underlying issues in conflicts.
- Learn about the importance of emotional intelligence in conflict resolution.
- Apply conflict resolution techniques through simulated scenarios.

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Unit 5: Building and Leading High-Performing Teams:

- Explore the characteristics of high-performing teams.
- Understand the role of trust and how to build it within a team.
- Learn techniques for motivating team members and enhancing engagement.
- Develop strategies for setting clear goals and expectations.
- Study the importance of diversity and inclusion in team performance.
- Explore methods for fostering a positive team culture.
- Understand the impact of leadership on team innovation and creativity.
- Practice team-building exercises to strengthen team cohesion.
- Learn how to evaluate and improve team performance continuously.