

# **Training programs for Schools**

**Presented by;**



## **Teams That Win**

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*To Educate, Motivate & Empower!*

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## 1.0 INTRODUCTION

Incorporated in 2005, Teams that Win Consultants is a comprehensive experiential training company where we motivate, educate and empower individuals to be the best they can be through experiential education - this is basically learning through experience. Change occurs when people are placed outside their comfort zones and into challenging positions where there are degrees of risks. We strive to provide such experiences thus introducing an avenue for positive change. We are committed to maintaining an environment that is physically and emotionally safe.

### OUR VISION

To motivate, educate and empower individuals be the best they can be thus building stronger teams through challenging but exiting programs

### OUR MISSION

We believe that in every human being there is an untapped God given potential, we are therefore committed to challenging individuals to maximize their potentials through change of attitude and “out of the box thinking”, creating an atmosphere for positive change.

Our values are Integrity, Stewardship and Service

What makes us Unique?

- We customize every course for the specific group. Every activity is based on the area of focus e.g. Leadership, Team work, Planning and strategy, Goal setting, effective communication, Mentorship among others.
- Our different level stages will ensure that the target group gets the experience that is right for them, one that challenges, motivates and gives the best chance for success.
- We are full of fun, laughter and getting to know one another
- Our trainings are conducted at your suitable venue

Our program levels are specifically tailor made to deal with students in different levels; from the top leadership to followers, candidates as well as juniors. The result on the change of attitude in regard to studies, personal growth and life in general is amazing as participants discover different ways on how to handle diverse situations.

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## 2.0 BACKGROUND

Teams that win consultants has under Brackenhurst International in Nairobi worked with the following schools among others:

Riara School – Nairobi

Rusinga School - Nairobi

Rift Valley Academy - Nairobi

Kilimani Junior Academy - Nairobi

Aga Khan Primary and Secondary School – Nairobi

Aga Khan Hospital – staff - Nairobi

Rosslane Academy – Nairobi

Strathmore University – Nairobi

International School of Kenya – Nairobi

And in Mombasa, we have worked with;

- Mekaela Academies
- Moi Forces Academy
- Loreto Primary School
- Coast Academy
- Word of Life Primary School
- Mbaraki Girls
- Mama Ngina Girls High School
- Aldina Visram Secondary
- Tononoka Secondary School
- Tudor Day Secondary
- Khamisi High school
- Mombasa Baptist
- Peponi Secondary
- St. Charles Lwanga

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### 3.0 **PROGRAMS OFFERED**

#### 3.1 **Responsible Leadership - 101**

Success of any organization highly depends on the quality of Leadership.

True leaders endeavor to be successful in all areas of life since they have to be role models for all those they come in contact with.

When working in a leadership position, one thrives on pure energy and personal strategy, But; as responsibility sets in, there is need to review strategy to create a balance and still remain focused. This is the main challenge faced by school Leaders.

Topics covered are;

- Confidence – Whoever appointed you has confidence in you, do you?
- Active participation – Take the lead, be the leader you claim to be!
- Dedication – Continuous active participation
- Readiness to take the initiative – “if I can’t do it who else will’
- Optimism – Be solution oriented
- Communication – stop talking and start communicating!!!!
- Role Model – Everyone is looking up to you! What will you do?
- Decisiveness – Ability to reach reasonable and effective decisions quickly
- Perseverance – Complete each task you start
- Energy – you need to be strong to lead
- Integrity – Honesty, trustworthy, courteous, respectful & sound Judgment
- Accountability – personal and or collective responsibility
- Encouraging – Do you uplift your team or pull them down?
- Conflict Resolution – Do you use gasoline or water to quench a fire?

Target Group ; School leaders and potential leaders

Duration; Two Days

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### 3.2 Goal Setting – 102

In the game of football the loudest cheers and jubilation only heard after the ball goes through two posts called – GOAL. Students need to realize that in any task they undertake, there must be standard procedure which leads to an outcome or a desired end.

It is the procedures, steps, events, actions or measures, which determine the ultimate results – GOAL. If goals are not well defined, every activity one gets involved in will lose meaning and as a result one may have low morale, feel forced to undertake a task or even give up a task.

Topics covered are;

- Definition of a goal – How does it feel playing football without a goal?
- Positioning – Being in the right place, doing the right thing at the right time
- Mapping – Getting the directions through consultations
- Steps/Procedures/Requirements – Going on a Safari? What do you need?
- Planning and strategizing – Time and resource management
- Review of Plan – Am stuck in the mud, can't move and won't move!
- Co – Driver – Assistance needed
- Focus – What takes much of your time?
- Determination – Ability to remain committed to the Goal
- Reward – Do you deserve it?
- Celebration – rejoicing with the entire supporters!
- SMAT GOALS

Target Group ; Candidates and any other recommended Students

Duration; One Day

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### 3.3 Character Building – 103

No matter how bright a student is, without character it will be very hard to build their career. Dr. Steven Berglas, a psychologist at Harvard Medical School says that people who achieve great heights but lack character are headed for disaster. In times of stress they may result to; Drug abuse, aloneness, illicit sex, uncontrolled anger, theft and other destructive adventure-seeking

Topics Covered are;

- Self Identity – Who am I?
- Temperaments - What makes me happy, what makes me sad?
- Outward influence – who or what am I attracted to?
- Peer pressure – who do you consider your friends “Birds of the same feathers.....”
- Character Role models – who do you admire? Who inspires you?
- Principle of 20:80 – do you listen more or talk more?
- Stress management – What choices do I make when am low?
- Taking Responsibility – Can you admit you ate the sugar?
- Taking the initiative – how to be creative
- Leisure time – how do you spend your leisure?
- Relationships – How do we relate with the community around us?
- The four letter word – SORRY
- Courtesy – do we ever say thank you?

Target Group ;        Students

Duration;             One Day

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### 3.4 **Motivation – 104**

Inspiring and motivational talks meant to stir up the participants to realize how much potential is buried in them and what they are able to achieve.

The talks will challenge the participants to acquire and maintain a positive attitude. Research has shown that success is 80% psychology –Attitude, and 20% mechanics – Skills. Attitude is a program in the mind. A person with a negative attitude has the power to influence others and the same applies to a person with a great attitude.

Topics covered range from ‘*Developing a winning attitude*’ to ‘*Discovering your mind potential*’ among others

Target Group ; Candidates and any other recommended student

Duration; One Hour

Requirements; Students lecture hall

### 3.5 **Team Synergy – 105**

Building stronger and cohesive teams requires more than just indoor meetings or get together parties. In the structured team building a needs assessment of your team will be done prior to the event and a customized program drawn specifically to meet your objectives; be it problem solving, time management, synergy, trust, communication, managing change, managing stress, self confidence, setting goals and meeting targets, planning and strategizing, leadership, and many more.

This would be the best program to go for since by bringing people together you build trust, corporation, motivation and getting to know one another better through bonding and ice braking.

Recommended for;

- Student Leaders
- New students
- New Teachers
- School members of staff

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## 5.0 FACILITATION METHODOLOGY

The facilitation methodology is highly experiential and participatory using action oriented and open interactive discussion approach. The following methods will be employed accordingly during the sessions:

- Power point Presentations
- Reflective models and techniques
- Group discussions
- Lectures/Talks
- Picture Codes
- Case Studies
- Film shows
- Field/Outdoor Activities
- Team initiatives
- Musical sessions
- Debriefings and processing
- Questions and answers
- Assessments

## 6.0 YOUR INVESTMENT

### 2009 RATES

<b>Program</b>	<b>Days</b>	<b>No. of participants</b>
Responsible Leadership 101	2	up to 20
Goal Setting - 102	1	Up to 20
Character Building - 103	1	Up to 40
Motivation - 104	1hr	Unlimited
Team Synergy - 105	1	Up to 20

Rates inclusive of training, training materials and equipment

#### **Meals and Venue;**

- ❖ The rates quoted above do not include meals and venue
- ❖ The client is free to choose a venue – We may recommend venues that we have used before, outside catering and transportation

#### **Transport and Accommodation out of Mombasa**

The client will be responsible for at most two trainers' transportation, accommodation and meals if the venue is outside Mombasa.

We believe, given the diversity of our training programs and experience, we would provide just what you are looking for to help accomplish your objectives.

We look forward to working with you

Sincerely,

**Teams That Win Consultants**

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