# Building Effective Teams Facilitator Guide

Leader Professional Development United States Army Center for Army Leadership



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## Introduction

### WHO IS CAL

The Center for Army Leadership (CAL) is the Army's designated action agent for Leader Development and Leadership in the areas of research, assessment, doctrine, initiative management, and quality assurance to sustain excellence in the Army's core competency of growing leaders.

### INTENT OF THE LEADER PROFESSIONAL DEVELOPMENT KITS

Leadership is the unifying and multiplying element of combat power (ADP 6-0). Leader development programs are a proven method organizations can use to ensure regular improvement and refinement of critical leadership skills. In 2022, CAL began the design and development of a collection of ready-made Leader Professional Development (LPD) kits that you can use to deliver professional development sessions. These LPD sessions are designed to address topics of need; educate you on the Army Leadership Requirements Model (ADP 6-22); generate group discussion by asking thought-provoking questions; help you identify gaps in your unit, team, or organization; and determine actions leaders can take to improve the gaps.

It takes a lot of effort to create slides and briefing materials. Knowing that every Soldier's time is valuable, CAL created a pre-packaged set of materials (slides, facilitator guide, etc.) with everything you need to conduct an LPD. Now you can focus on learning and presenting the materials. Use this LPD kit as an opportunity to have a leader development discussion with others. The intent isn't for you to lecture for an entire session or read slides verbatim. Instead, think about the content, put it in the context of your unit, and get your audience talking about how to improve as Army leaders and a team.

### **CONTACT DETAILS**

If you have any questions about the LPD kits or have suggestions for additional topics, please contact CAL at <u>usarmy.leavenworth.tradoc.mbx.cal@army.mil</u>.

You can also connect with CAL in the following ways:

- On the web: <u>https://cal.army.mil/</u>
- On Facebook: <u>https://www.facebook.com/USArmyCAL</u>
- On Instagram: <u>https://www.instagram.com/usarmycal</u>
- On Twitter: <u>https://twitter.com/USArmyCAL</u>
- On YouTube: <u>https://www.youtube.com/@USArmyCAL</u>

You can find the materials for this LPD, as well as others, at the CAL website at https://cal.army.mil.

### **Overview**

### **PURPOSE OF THIS SESSION**

The goal of this session is to provide Army leaders an overview of the characteristics of effective teams and how to mitigate dysfunctional team behaviors.

The specific learning objectives for this session include:

- Identify the characteristics of effective teams.
- Discuss the role of leaders in fostering effective teams.
- Discuss strategies to mitigate unhealthy and dysfunctional team behaviors.

### TARGET AUDIENCE

The target audience for this LPD session encompasses all Army leaders.

The optimal facilitator-to-learners ratio for this LPD session is one facilitator to approximately 20 participants. If the anticipated audience is to be more than 20 participants, those organizing the session should consider having multiple facilitators.

**NOTE:** If the anticipated audience is greater than 50 participants, some features of this Facilitator Guide will have to be adapted. For example, instead of conducting whole group discussions, you may need to split the audience into smaller groups to ensure everyone has an opportunity to contribute. To facilitate group discussions, the allotted time may also need to be increased.

### **RECOMMENDED MATERIALS**

The following table lists recommended materials and equipment for facilitating this session. While these are recommended, not all of the listed equipment is required. For example, if you deliver the session out in the field and do not have access to a computer, monitor, or projector, you can still facilitate the session using just this facilitator guide and participant packets.

| Materials   | Quantity          |
|---|-------------------|
| Quick Start Guide   | 1 per facilitator |
| This Facilitator Guide  | 1 per facilitator |
| Participant Packet  | 1 per participant |
| <ul><li>Building Effective Teams Handout</li><li>After Action Review Form</li></ul> |                   |
| PowerPoint Slides   | 1 per facilitator |
| PC Computer or Laptop   | 1 per facilitator |
| Monitor or Projector and A/V cables   | 1 per room        |
| Screen (if projecting)  | 1 per room        |
| Chart Paper and Markers or White Board and Dry Erase Markers                        | 1 per room        |

Documents can be accessed on the CAL website here: https://cal.army.mil

### Agenda

The session is designed to be presented in a 47-minute block of time. Later in this guide, you will see the suggested timing for each individual slide, from which the below duration times were calculated.

| Segments                            | Duration     |
|-------------------------------------|--------------|
| Session Opening                     | 2.5 minutes  |
| Characteristics of Effective Teams  | 7.5 minutes  |
| The Role of Leaders                 | 8.5 minutes  |
| Strategies to Build Effective Teams | 25.5 minutes |
| Session Closing                     | 3 minutes    |
| Total Duration                      | 47 minutes   |

### PREPARING FOR YOUR LPD SESSION

This facilitator guide aims to provide all of the information necessary to lead a successful session and discussion on this topic. To that aim, here are steps that you should take before the session.

- Read through this facilitator guide and review the PowerPoint slides. Make sure you feel comfortable speaking to the key points and leading the discussion(s). Based on the audience, prepare to modify discussion questions to ensure they are meaningful and apply to your specific unit/organization. The more you can get the audience discussing how they can improve the organization by applying the material, the better.
- Be prepared to include personal experiences related to the topic or familiarize yourself with examples you can reference throughout the session. Real-life examples help tie together the individual segments, engage the audience, and enable learners to connect the content to their day-to-day jobs. Feel free to add short video clips or other materials you think the audience would find engaging.
- 3. Familiarize yourself with the suggested timing of slides and discussion activities.
- 4. Determine the anticipated audience size. Recruit additional facilitators or plan for modifications to the session if the audience size exceeds 20 participants.
- 5. Invite the commanding officer or organization director to speak at the beginning of the session to introduce the purpose/intent of the session. This will increase audience engagement and attention.
- Review the additional resources so you can direct the audience to the appropriate information. Share the resources electronically via email before the session. Print participant packets ahead of the session.

### How TO USE THIS GUIDE

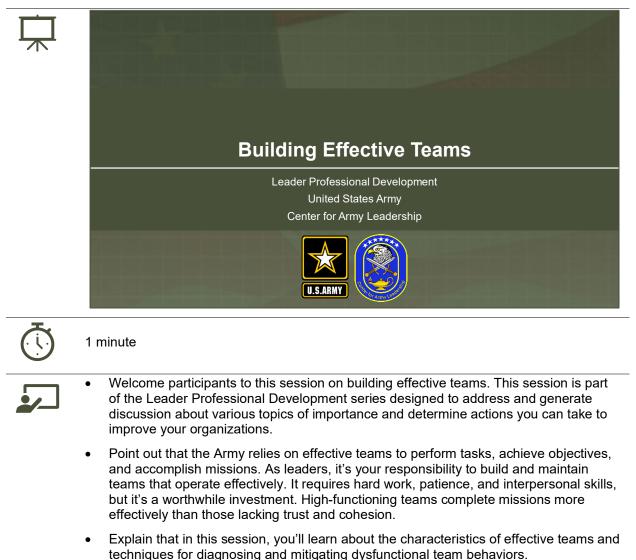
The facilitator guide contains PowerPoint slides embedded with facilitation notes and discussion questions to guide you through the session. The facilitation notes include icon cues that are designed to provide visual references for you as to the type of action required, operational instructions, or other special points (e.g., discussion). Each icon is described below.

| lcons    | Icon Name  | Descriptions   |
|----------|------------|--|
| ГЩТ<br>Т | Slide      | This icon indicates that a slide should be presented. An image of each slide<br>in the associated PowerPoint is provided. These slides help you identify<br>which slide goes with each instructional strategy, duration, and key points. |
| Ō        | Duration   | This icon indicates the suggested amount of time to spend on each slide.   |
|          | Key Points | This icon indicates the key points that should be covered. Although you should not read the key points verbatim during the session, you can read through it beforehand to familiarize yourself with the content.                         |
|          | Discussion | This icon indicates that a discussion should be facilitated.   |
| 0        | Activity   | This icon indicates that an activity should be facilitated.  |
|          | Resources  | This icon indicates when any resource (handout, case study, example, article, etc.) should be used.  |

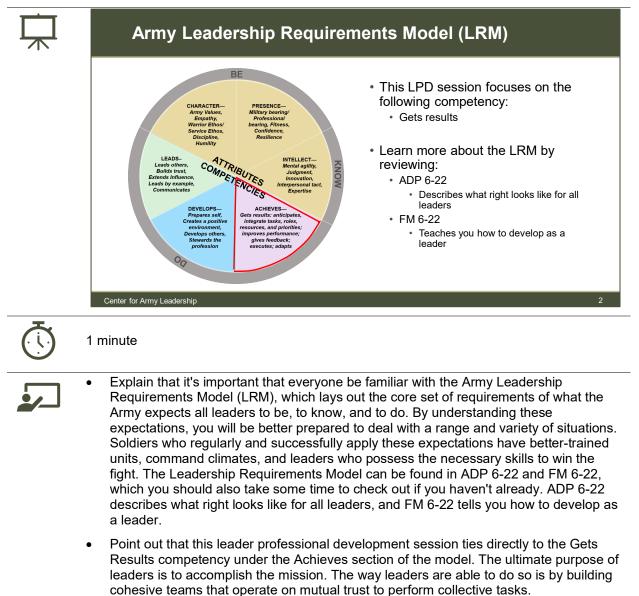
# How to Facilitate This LPD Session

This section provides you with details on how to facilitate each slide in the session.

### **OPENING SEGMENT – SLIDE 1**



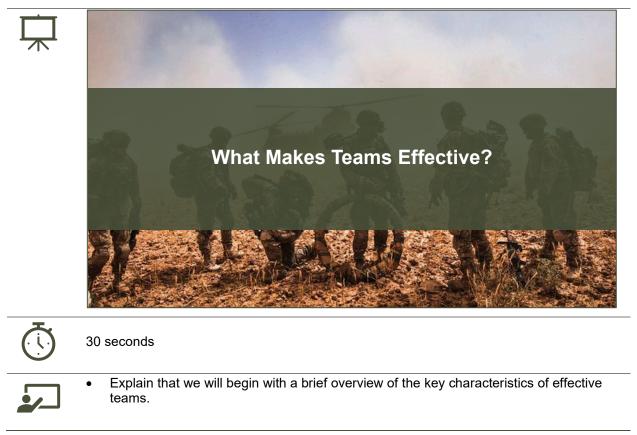
### ARMY LEADERSHIP REQUIREMENTS MODEL (LRM) – SLIDE 2



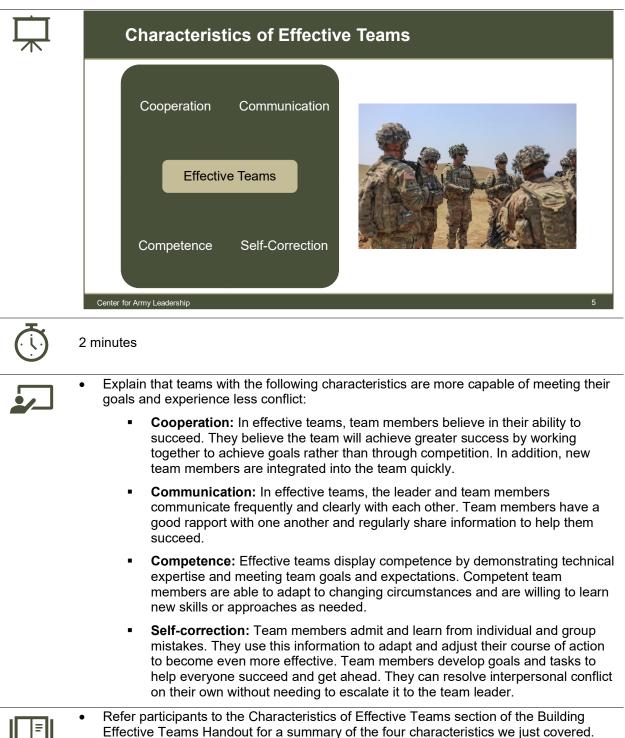
### SESSION OBJECTIVES - SLIDE 3

|   | Session Objectives   |
|---|--|
|   | <text><list-item><list-item><list-item></list-item></list-item></list-item></text>   |
| Ō | 30 seconds   |
|   | <ul> <li>Explain that by the end of this session, you will be able to: <ul> <li>Identify the characteristics of effective teams.</li> <li>Discuss the role of leaders in fostering effective teams.</li> <li>Discuss strategies to mitigate unhealthy and dysfunctional team behaviors.</li> </ul> </li> <li>To help make this session as impactful as possible, encourage participants to contribute to the discussions with their own perspectives, reflections, and experiences.</li> </ul> |

### WHAT MAKES TEAMS EFFECTIVE? – SLIDE 4



### CHARACTERISTICS OF EFFECTIVE TEAMS – SLIDE 5



### DISCUSSION - SLIDE 6

| Г<br>Т | Discussion  |
|--------|---|
|        | <image/> <text><text></text></text>   |
|        | 5 minutes   |
|        | <ul> <li>Ask participants:</li> <li>Think about the teams within your unit/organization in terms of the four characteristics we discussed on the previous slide. What sets apart the more effective teams from the less effective teams?</li> <li>Answers will vary.</li> </ul> |

### THE LEADER'S ROLE – SLIDE 7

| Ţ | Session Objectives  |
|---|---|
|   | <text><list-item><list-item><list-item></list-item></list-item></list-item></text>                    |
| Ū | 30 seconds  |
|   | • Explain that in this next section, we will explore the role of leaders in building effective teams. |

### THE ROLE OF LEADERS IN BUILDING EFFECTIVE TEAMS – SLIDE 8



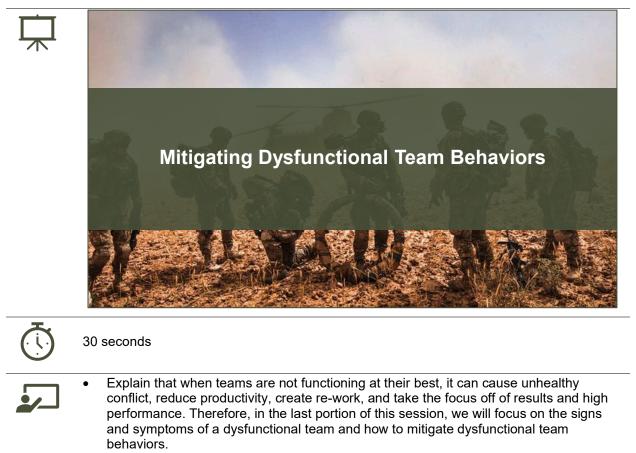
#### 3 minutes

- Explain that leaders play a crucial role in building effective teams by:
  - Setting clear goals and expectations: Leaders communicate the teams' objectives and defines each team member's role and responsibilities. Leaders should be as specific as possible, using clear language to describe what they expect from the team and what the team needs to achieve.
  - Encouraging open communication: Leaders create a supportive environment where team members feel comfortable sharing their thoughts, opinions, and ideas. They engage in active listening and welcome input.
  - Building trust and respect: Leaders establish trust and respect among team members by demonstrating integrity, fairness, and a willingness to listen. Leaders who want trust and respect will model the behavior they want to see in the team.
  - Fostering collaboration: Leaders encourage and facilitate collaboration by promoting teamwork, cooperation, and a shared sense of purpose.
     Collaboration is critical in creating a sense of belonging in teams.
  - Providing guidance and support: Leaders provide direction and support to help team members overcome challenges and reach their goals. Leaders should provide coaching and mentoring to their team members.
  - Managing conflicts: Leaders help resolve conflicts effectively and efficiently to maintain a positive and productive team environment. Leaders address conflict head on by identifying the root cause, collaborating on a solution, and following up after the conflict has been resolved.
  - Recognizing and rewarding success: Leaders celebrate team accomplishments and recognize individual contributions to the team's success.
  - Encouraging continuous improvement: Leaders foster a culture of continuous improvement by encouraging feedback and making adjustments to enhance team performance.

### DISCUSSION - SLIDE 9

| Discussion  |
|---|
| • What can we do as an organization, or what can <i>you</i> do, to increase the effectiveness of your teams?  |
| Center for Army Leadership 9  |
| 5 minutes   |
| <ul> <li>Ask participants:</li> <li>What can we do as an organization, or what can <i>you</i> do, to increase the effectiveness of your teams?</li> <li>Answers will vary.</li> </ul> |
|   |

### MITIGATING DYSFUNCTIONAL TEAM BEHAVIORS - SLIDE 10



### SIGNS AND SYMPTOMS OF DYSFUNCTIONAL TEAMS – SLIDE 11



### LACK OF TRUST – SLIDE 12

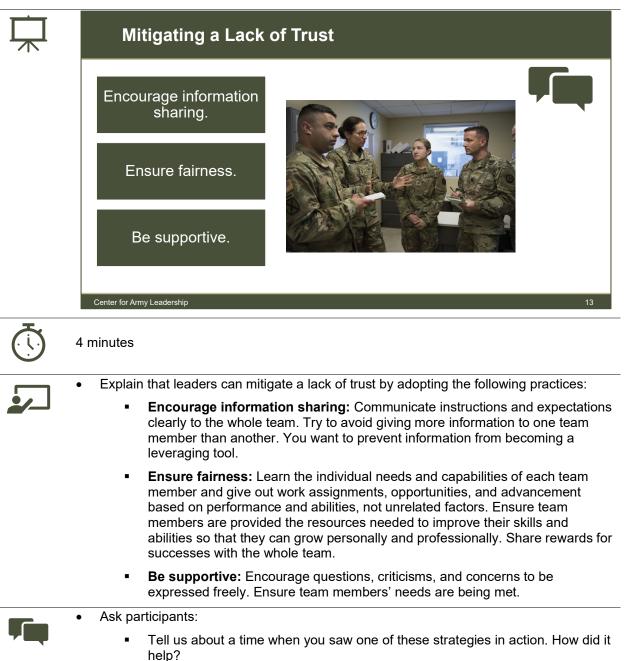




#### 1.5 minutes

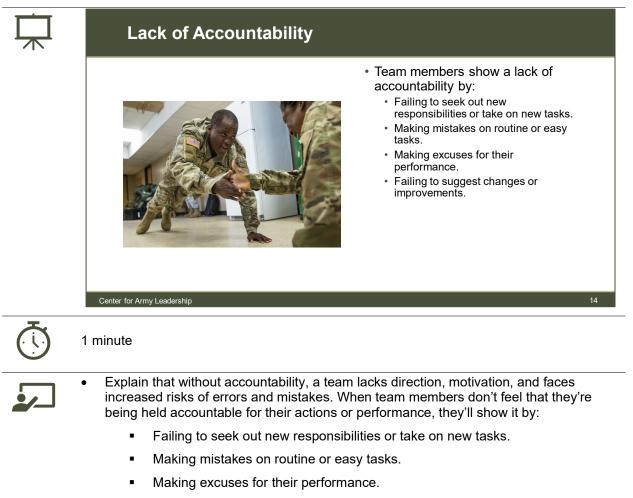
- Explain that a lack of trust can have a significant negative impact on team cohesion. When team members don't trust one another—or they don't trust the leader—they'll show it by:
  - Concealing weaknesses and mistakes.
  - Failing to provide help or support to peers.
  - Failing to go above and beyond performance expectations.
  - Having conflicts with team members and/or the team leader.
  - Hoarding resources.
- Point out that when team members demonstrate these actions, some team members might believe their peers are acting more out of self-interest. They believe they are better off trying to achieve their goals on their own without cooperating with teammates.

### MITIGATING A LACK OF TRUST – SLIDE 13



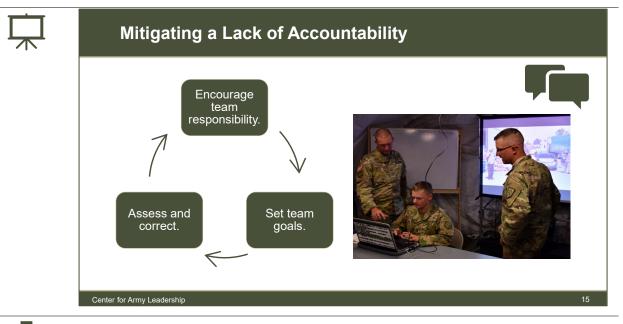
Answers will vary.

### LACK OF ACCOUNTABILITY – SLIDE 14



• Failing to suggest changes or improvements.

### MITIGATING A LACK OF ACCOUNTABILITY – SLIDE 15



#### 5.5 minutes



Explain that leaders can mitigate a lack of accountability in the following ways.

- Encourage team responsibility: You should hold the team accountable for mistakes. Encourage team members to work together to fill in weak spots and solve problems by:
  - Holding individuals responsible for their successes and failures if it was clearly their sole responsibility.
  - Holding the team responsible for mistakes if all team members contributed to the mistake.
  - Empowering team members to take initiative.
  - Rewarding all team members for group successes.
- Set team goals: You should set specific, team-based goals with clear guidance on how team members contribute to those goals. Establish expectations for team members' individual performance and teamwork by:
  - Differentiating between team goals and individual goals when communicating expectations.
  - Setting a standard for evaluating goals individually or as a team.
- Assess and correct: You should create a climate where team members can speak openly and admit to mistakes without fear. Hold members accountable by:
  - Calling out problems that arise from a lack of collaboration or teamwork.
  - Encouraging team members to self-correct.

•



Ask participants:

 Tell us about a time when you saw one of these strategies in action. How did it help?

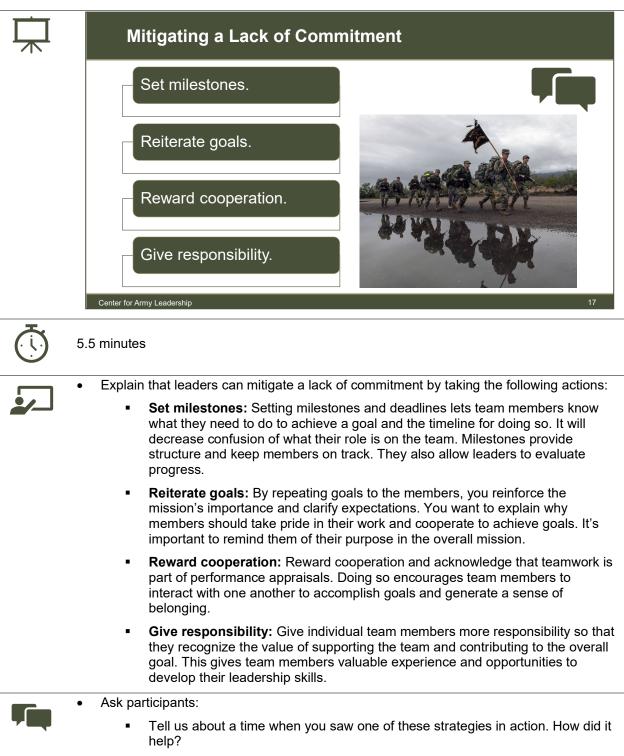
Answers will vary.

### LACK OF COMMITMENT – SLIDE 16



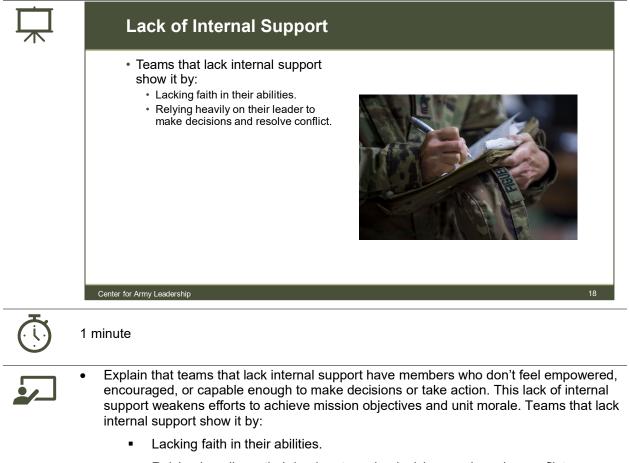
- Explain that the Army's mission requires a high level of commitment from its personnel. Without that commitment, the mission may not be executed effectively. When team members lack commitment to the team and the team mission, they show it by:
  - Failing to go above and beyond.
  - Questioning the underlying reasons for an action or decision.
  - Failing to contribute to the team.

### MITIGATING A LACK OF COMMITMENT – SLIDE 17



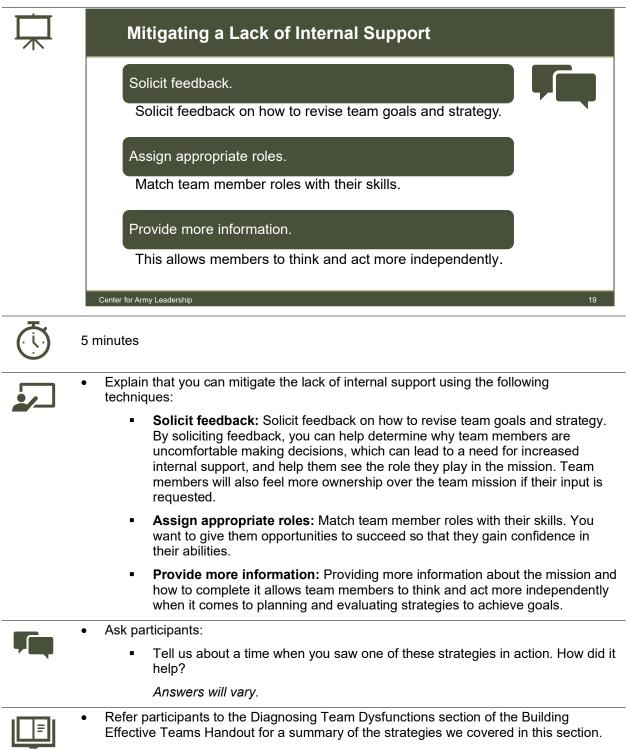
Answers will vary.

### LACK OF INTERNAL SUPPORT – SLIDE 18

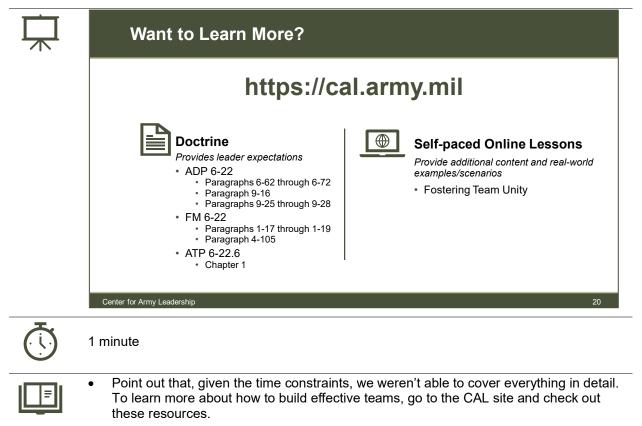


Relying heavily on their leaders to make decisions and resolve conflict.

### MITIGATING A LACK OF INTERNAL SUPPORT – SLIDE 19



### WANT TO LEARN MORE? - SLIDE 20



### AFTER ACTION REVIEW – SLIDE 21

| Ţ      | After Action Review   |  |
|--------|---|--|
|        | <ul> <li>Complete the AAR form in your Participant Packet and return it to the facilitator.</li> <li>The form allows you to provide feedback about this session.</li> <li>Your feedback will be used to improve future deliveries of this session.</li> </ul> |  |
|        | 1 minute  |  |
|        | • At the end of the session, tell participants to complete the AAR form in their Participant Packet (also on the next page for your reference) and to return it to you before they leave.   |  |
| יוברטי | Tell participants that:   |  |
| للتها  | <ul> <li>The form allows them to provide feedback about the session.</li> </ul>   |  |
|        | <ul> <li>Their feedback will be used to improve future deliveries of the session.</li> </ul>  |  |

#### Building Effective Teams After Action Review Form

#### Purpose

The purpose of this After Action Review (AAR) is to help the your organization improve its Leader Professional Development (LPD) program. Your feedback will help identify areas of this session that went well and areas that could be improved.

#### Session Goals

The goal of this session was to provide Army leaders an overview of the characteristics of effective teams and how to mitigate dysfunctional team behaviors.

After you participate in this session, it is expected that you will be able to:

- Identify the characteristics of effective teams.
- Discuss the role of leaders in fostering effective teams.
- Discuss strategies to mitigate unhealthy and dysfunctional team behaviors.

#### Your Feedback

Answer the following question below:

| Question  | Your Feedback |
|---|---------------|
| Were the goals of this<br>session met? If not,<br>explain why.                              |               |
| What went well during this session?   |               |
| Are there any areas in<br>which the session could<br>be improved? If so, please<br>specify. |               |

### LET'S CONNECT – SLIDE 22

