



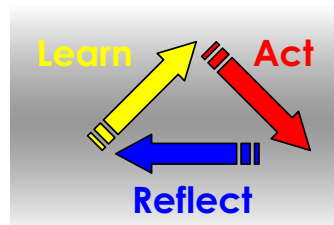
We do all our programs in English.

Arena 2000 can offer you and your company lectures, workshops and educational programs in:

- ✚ Team building
- ✚ Leadership
- ✚ Individual coaching
- ✚ Etc.

Only passively listening to lectures or reading theories often gives a very transient effect. But if we instead can be active in the learning situation we get “mental shelves” to put the theories on and thereby a much better understanding.

For that reason we use the model Act – Reflect – Learn.



Many organisations constantly act without reflecting over what they are doing and why. That way it is hard to learn new ways to think, act and behave.

All our lectures, workshops and educational programmes will be based on your needs and objectives.

Team building

A group is "a collection of people who come together because they share something in common." (Solomon, Davidson, and Solomon, 1993). What they share could be as insignificant as the desire to get on the next bus that will arrive at a particular stop.

A team, however, is "a group of people who share a common name, mission, history, set of goals or objectives and expectations."

A strategy that can help groups develop into real teams is teambuilding, "the process needed to create, maintain, and enrich the development of a group of people into a cohesive unit."

Teambuilding exercises are very important in the development of teams that will work together for an extended period of time on a complex project or a series of activities. Teambuilding is not a panacea for fixing dysfunctional teams, or assuring that all of your teams will work well. But, teambuilding exercises can be helpful in developing effective teams.

Example of contents:

Power track

Through practical, fun exercises we take a look at the team and its members behaviour. Even though focus has been moved from our regular work situations we will take our regular roles in the team. How will this affect the team and how will the team affect the individual?

Group dynamics

What makes an efficient team and what phases does it have to go through to get there? We show how teams can precede this development, improve the work climate and get more efficient.

Communication

How do we "trade pictures" and who decides what's in the message?

How do we receive criticism in a mature way and how do we make it possible for others to accept our feedback to them?

Conflicts

How do we act in conflict situations, how do we meet them and what consequences are the result?

Resemblances and differences

By using MBTI® we look at our different preferences and how they affect our communication and thereby our work climate. We identify our resemblances and learn to turn our differences into strengths.






Sub-optimizing

How does the "Us and them syndrome" appear in a company and how can we avoid it?

A methodical work procedure

How do we go from idea to action in a methodical way, without "trial and error"? What steps should we take to ensure that everyone knows where we are going, how to get there and why we are doing it?

Results:

-  The team members will get to know each other in a deeper and more personal way which will improve the communication and efficiency of the team.
-  Conflicts are a natural part of personal relations and the participants learn to deal with them before they get out of hand.
-  A methodical work procedure will help the team achieve their objectives.
-  The team will become more open-minded to changes.
-  The team will have more fun together.

Leadership

Leadership is the art of getting someone else to do something you want done because he wants to do it.
~ Dwight Eisenhower

When you are entrusted with leadership you also have the responsibility for helping your colleagues to grow.

Your mission is to make it possible for your staff to act in the company's interest. The only tools you have got are yourself, your experience and knowledge and the theories you have been able to adapt to your own person.

Leadership is also about making changes, but the only person you can change is yourself. Not your personality but maybe the way you think and act.

Don't tell people how to do things, tell them what to do and let them surprise you with their results.
~ George S. Patton

Example of contents:

Group dynamics

How does a team develop over time and how does that affect the leader?

Communication

How do we "trade pictures" and who decides what's in the message?

How do we receive criticism in a mature way and how do we make it possible for others to accept our feedback to them.

Conversational techniques. How do we plan, carry out and evaluate the "difficult conversations"?

Job evaluation dialog. What is the purpose, what do we want to achieve and how do we plan and carry it out?

Conflicts

How do we act in conflict situations, how do we meet them and what consequences do they leave?

Values

What are the company's and the co-workers values and what happens if they don't match?

Personal growth

Can I grow as a leader without growing as an individual?

Which choices have taken me here and how can I make choices like that again?

Do I make priorities from what I want or from what I think I ought to?

Profiles







- MBTI®
- IDI
- 16PF
- SL II

A methodical work procedure

How do we go from idea to action in a methodical way, without "trial and error". What steps should we take to ensure that everyone know where we are going, how to get there and why we are doing it?

We formulate the teams or/and the individuals action plans.

Results:

-  The team members will get to know each other in a deeper and more personal way witch will improve the communication and efficiency of the team.
-  Conflicts are a natural part of personal relations and the participants learn to deal with them before they get out of hand.
-  A methodical work procedure will help the team achieve their objectives.
-  The team will get more open minded to changes.
-  The team will have more fun together.
-  Practical leadership tools.

- ✚ Improved ability to deliver conditions which are conducive to a good output for the co-workers.
- ✚ Better self-realization and understanding about how my behaviour effects people in our immediate surroundings

We can also...

- ✚ Give lectures in:
 - Stress management.
 - Feedback.
 - Communication.
 - Employment policies etc.
- ✚ Coach individual leaders.
- ✚ Take care of your recruiting processes.
- ✚ Etc.

Contact us

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