

General Information:	
Date	12-14 November 2025
Teaching units (90 mins)	10
Location	Heidelberg
Country	Germany
Price	649
VAT	not included: +
Minimum Number of Participants	19%5
Accommodation	not included / self organised
Your trainer (name)	Dr. Christian Baron



Course Description

In today's fast-paced world, teamwork and communication are key. Join us to explore these vital concepts and gain practical skills for personal and professional success.

During our programme you'll discover the essentials of teams and communication. What really matters in teams? What are roles, goals, purpose and dynamics in a team? Together we will explore these and many other related topics.

Effective communication is at the heart of any thriving team, easier said than done. We explore what it actually means, how a message is transported and received, what types of communication there are and what feedback really means.

Our training is hands-on, with interactive exercises to see teamwork and communication in action. We emphasise reflection, actively changing perspectives and exploring the implications. Embark on this transformative journey to unlock your team's potential and excel in any environment. Your success story begins here!

<p>Overall objectives of the mobility</p>	<ul style="list-style-type: none"> ● Understand the core concepts of teamwork and communication, including roles, goals, purpose and dynamics within a team. ● Explore the nuances of effective communication, including sending and receiving messages, types of communication and the importance of feedback. ● Engage in practical, interactive exercises to see teamwork and communication principles in action. Emphasise reflection to encourage a change of perspective and explore real world implications.
<p>Added value of the mobility (in the context of modernisation and internationalisation of the sending institution)</p>	<ul style="list-style-type: none"> ● Global Perspective on Sustainability: Broadens participants' understanding of global sustainability challenges and solutions, preparing them to address these issues within a diverse, international context. ● Capacity Building: Empowers academic institutions to develop and implement effective sustainability strategies, enhancing their ability to lead and influence in the field of sustainability. ● Knowledge and Skill Transfer: Facilitates the exchange of best practices and innovative approaches to sustainability, enriching the curriculum and research capacities of participating institutions.
<p>Activities to be carried out</p>	<p>Highly interactive application-oriented training, utilising game-based approaches, concrete group exercises and working on your own questions and examples. Methods used are:</p> <ul style="list-style-type: none"> ● Concrete exercises ● Working in pairs and small groups. ● Game-based elements ● Blended Learning approach
<p>Expected impact and outcome</p>	<p>After the course you will be able to convey:</p> <ul style="list-style-type: none"> ● A deeper understanding of team dynamics ● Contribute effectively in teams, leading to improved collaboration ● Improved ability to communicate clearly ● Communicate messages, receive feedback and navigate different types of communication ● Practical methods that can be applied immediately
<p>Target Group</p>	<p>Scientists, doctoral candidates, project leaders, emerging leaders</p>

Your Destination: Heidelberg, Germany

Visit and explore the beautiful city of Heidelberg! Located in southwestern Germany, Heidelberg is famous for its scenic views, rich history, and welcoming atmosphere. Known for its iconic castle, the city offers a mix of historic charm and modern life. Wander through the narrow streets of the Old Town, admire the baroque architecture, and enjoy the vibrant cultural scene. The nearby Neckar River and surrounding hills provide perfect spots for hiking and outdoor activities. Heidelberg is a wonderful destination for anyone interested in history, culture, and nature.



Monday 5 May	Tuesday 6 May	Wednesday 7 May	Thursday 8 May	Friday 9 May
09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30
-	-	<ul style="list-style-type: none"> ● Welcome! Determining own learning goals ● Trust - How to build it and build on it? ● Psychological safety 	<ul style="list-style-type: none"> ● Learning about yourself and you in a team ● Conflicts and conflict resolution 	<ul style="list-style-type: none"> ● Immersive, hands-on activity combining teamwork and fun ● Reflection & end of the course
12:30 - 1:30	12:30 - 1:30	12:30 - 1:30	12:30 - 1:30	12:30 - 1:30
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
13:30 - 15:00	13:30 - 15:00	13:30 - 15:00	13:30 - 15:00	13:30 - 15:00
-	-	<ul style="list-style-type: none"> ● Team dynamics ● The Art of misunderstanding (four-sides of communication) ● Kinds of communication 	<ul style="list-style-type: none"> ● How to give effective and appreciative feedback ● How to create an inclusive team culture 	-
Evening	Evening	Evening	Evening	Evening