

Name of instructor: Sgt Ross	Date of class:	Start time: End time:	Class: EO M203.04
Number of cadets:	Asst. Instructor(s):	Total length of class: 47 min	TRNG aids:

**Demonstrating positive group dynamics**

Objective: The cadet must display positive group dynamics in a peer group environment, in accordance with required references.

- A. Contributing to group goals
- B. Exhibiting trust in group
- C. Creating a safe environment for others to share their opinions
- D. Following the leader
- E. Finishing the task
- F. Displaying esprit de corps
- G. Appreciating other within the group

**Teaching points**

TP's	Description	method	time	
intro	<ul style="list-style-type: none"> <li>● Who i am</li> <li>● What the purpose of the lesson is</li> <li>- Team dynamics are crucial because they influence creativity, productivity, and effectiveness.</li> </ul>		2 min	
TP1	Discuss positive group dynamics What makes a positive group dynamic? <ul style="list-style-type: none"> <li>● Trust</li> <li>● Constructive</li> <li>● Productive</li> <li>● demonstrate mutual understanding</li> <li>● self-corrective behavior</li> </ul>	Group discussion	10 min	
TP2	Each member of a peer group or team should display positive group dynamics in order for the group to perform at its best. Members of a group should do the following to display positive group dynamics: <ul style="list-style-type: none"> <li>● contribute to the group's goal</li> <li>● exhibit trust in the group</li> <li>● create a safe environment for others to share their opinions</li> <li>● Being cooperative</li> <li>● finish the task</li> </ul>	Interactive lecture	25 min	

	<ul style="list-style-type: none"> <li>● Motivating yourself</li> <li>● Celebrate successes</li> </ul> <p><u>Questions</u></p> <ul style="list-style-type: none"> <li>- What attributes must a cadet display within the team, to help the team be successful?</li> <li>- Besides cadets, where else would these attributes be advantageous in a peer setting?</li> </ul>			
TP3	<p>How to display positive group dynamics</p> <ul style="list-style-type: none"> <li>● Participate in group conversations by offering suggestions. This involves participating in all discussions. Even if a cadet has no new or unique ideas, they should accept or disagree with the suggestions of other members. Pose inquiries.</li> <li>● Be motivated. Be enthusiastic</li> <li>● Try new things. Do not be afraid to take risks. Trying new things shows courage, and courage is a leadership quality. Remember the turtle: it is perfectly safe when it stays in its shell, but to move ahead, the turtle must stick its neck and feet out.</li> <li>● Be sensitive to other points of view. Don't be afraid to express your view even if it is different or opposite of everybody else's. Listen to the opinions of other team members. Deal respectfully with teammates who disagree</li> <li>● Increase self-confidence through positive self-talk. Focusing on one's positive characteristics leads to increased self-confidence. To feel better about yourself, concentrate on the things done well and compliment yourself on those things</li> </ul>	Group discussion	10 min	

### **After lesson question**

- What are the characteristics of a successful team?
- What are the advantages of effective teamwork?
- Why should successes be celebrated

### **Anticipated answers**

The characteristics of a successful team are:

- clear communication
- mutual cooperation and support
- share a common goal
- high esprit de corps

The advantages of effective teamwork are

- everyone is included ensuring a better outcome
- tasks are often easier when more people are involved
- communication skills are developed

Success should be celebrated because everyone likes to be congratulated. This may lead to increased feelings of enthusiasm and self-confidence by members of the team.

References:

“6 Strategies for Managing and Improving Team Dynamics - DeakinCo.” *DeakinCo. | Powering Workplace Performance*, www.deakinco.com, 8 Dec. 2017,  
<https://www.deakinco.com/resource/6-strategies-for-managing-and-improving-team-dynamics/#:~:text=A%20team%20with%20positive%20group.understanding%20and%20self%2Dcorrective%20behaviour>  
*COMMON TRAINING INSTRUCTIONAL GUIDE.*  
[http://521aurorarcacs.ca/wp-content/uploads/Instructional\\_Guides/Level\\_2/PO203/EO\\_M203.04.pdf](http://521aurorarcacs.ca/wp-content/uploads/Instructional_Guides/Level_2/PO203/EO_M203.04.pdf)