

The Art of Teamwork

A dynamic meeting of psychology and art to create a high performance team

Workshop outline

Harnessing the creative juices and employing rigorous psychological research, this artist and psychologist-led seminar teaches employees about the value of teamwork. The mind, hand and heart are fully engaged in learning the fundamentals of working effectively in a team through a variety of art activities including drawing, collage, sculpture and art appreciation. Your team will learn about the psychology of team work as they create a unique work of art for the office.



The workshop will cover the following areas:

The importance of teamwork - Synergy, whereby individuals accomplish more by working together rather than independently, is achieved when a team effectively combines the unique skills and personalities of each of its individual members to achieve shared goals and objectives. Organisations can reap significant benefits by creating a conducive environment in which individuals feel useful and included in their team, and group synergy flourishes.

Understanding the importance of ground rules and shared values, the processes involved in working as a team, and the need for team action plans and follow up are essential to high performing teams in the workplace. These skills are gained in this workshop as the team creates art together in place of a traditional 'chalk and talk' lecture.

The fundamentals of teamwork - Teamwork is a core learning area in the workplace and research shows higher productivity results when teams function effectively and efficiently. The fundamental principles involved in working as a high performance team include: building vision and setting goals; establishing the team's shared values and expectations; understanding and resolving the four common problems experienced by teams; synergy; cultivating the creative subconscious as a source of team ideas; understanding decision making in teams; communicating within diverse groups, and relevant reward systems.

Participants will explore the making and meaning of art works across ancient and contemporary cultures in Australia and internationally. Art's power to thrill, express and challenge our ideas about the world is brought to the table in these dynamic, imaginative workshops.

The artwork created by the team remains as a reminder of the Art of Teamwork!

Feedback from past participants:

"I loved learning about art and psychology together."

"It was a wonderful bonding experience for our team."

"I will open my heart more in our team and understand how others are feeling."

"Great workshop! Fabulous presenters!"

"I will certainly be a better listener."

"I learned a lot about how to communicate better in our team."

"I found it invaluable to learn about teamwork through doing art together - what a great thing to do!"

Top left:
Sue Saxon *Facing the Other* 2007
eggshells on paper

About the Life Institute of Family Education and its Presenters:

LIFE was founded by Dr Julie Rosengren to provide parents, carers and employees with learning and support in the psychology of cultivating healthy family relationships and raising emotionally healthy children. LIFE consultants have been delivering innovative parenting, caring and working seminars to corporate, government, schools, day cares and individuals since 1999 and consulting specifically on family issues since 1994.

Dr Julie Rosengren is a Consultant, Writer and Educator in Psychology with 20 years experience across a range of industries. Julie developed the parenting, caring and working programs based on her doctoral research in emotional intelligence, her experience as a mother of 3 and Aunt to 45 nephews and nieces, and her love for children's stories, activities and play for people of all ages.

Professional Qualifications: BA (Sydney), G. Dip. Education (Murdoch), MSc. Management (Oxford), Ed. D (Murdoch)

Rebekka Tuqiri is a Registered Psychologist working in private practice and at the Health Psychology Unit at the Royal North Shore Hospital, NSW. She works with adolescents and adults and runs cognitive behaviour therapy groups focusing on stress, anxiety, depression, anger, and self-esteem. She is a mother and given this new role has now turned her interest to supporting parents in the challenges of parenthood.

Professional Qualifications: Bachelor of Psychology (Hons), Assoc. MAPS.

Julia Brierley is a Sydney based consultant, coach and educator, who has combined a successful international career in the corporate sector with further studies in psychology and counselling. Julia is a mother to three girls. Her special interests include cross cultural relationships, developing resiliency in children and the challenges faced by working parents.

Professional Qualifications: BA Hons (Bristol); BSc Psych (Macquarie); G. Dip. Counselling/Psychotherapy (JNI)

Donna Pettigrew is a Registered Nurse with over 20 years experience. Whilst working in a variety of medical fields, her specialties are geriatrics, cardiothoracic (medical and surgery), cardiac rehabilitation and health promotion. Donna's passion is for people to age well, with choice and respect. For the past 4 years she has managed a large aged care facility in Chatswood, Sydney. Donna is married to Andrew, and they have four children. Her work and large extended family, has provided her with vast health and relationships experience.

Professional Qualification: Registered Nurse (QLD, NSW) Cert. C.T.

Sue Saxton is an artist, art educator and curator. She has exhibited widely in Australia and overseas and been the recipient of scholarships and residencies in New York, Paris and Budapest. Sue brings a wealth of knowledge and expertise in art making, art history and programming to the LIFE team, developed in roles including Visual Arts Co-ordinator for Sydney Festival and across Youth and Public Programming in the Education Department of the Museum of Contemporary Art.

Professional Qualifications: Bachelor of Art Education (COFA, UNSW); Graduate Diploma in Professional Studies, Painting major (COFA, UNSW); Master of Visual Art, Sydney College of the Arts.

Rita Princi is a Registered Psychologist working in a private practice in North Adelaide, SA. She works with children, adolescents and adults individually, as well as running self-esteem groups for children and parents, and parenting programs for ante-natal and post-natal groups. She conducts seminars on children's issues for teacher and parent groups, provides counselling as part of Employee Assistance Programs and intellectual, academic and career guidance assessments. Rita is the mother of two adult sons.

Professional Qualifications: B Psych Hons (Flinders), M Psych Clin (Flinders)

Annette Mutimer is a Registered Psychologist working in private practice in the northern suburbs of Melbourne. She specialises in working with children and adolescents and visits schools regularly to assist with behaviour management. Annette's PhD thesis is looking at resilience and young children. Annette is married with two children.

Professional qualifications: BEd (Melb), Grad Dip Spec. Ed. (Melb), Post Grad Dip Psych (Monash), M Psych (RMIT)

Alison Brown is a Registered Psychologist in Melbourne, an experienced teacher and a parent of two daughters. In providing group programs for children, she brings experience from both an educational and psychological background. Having taught for seven years, and worked as a school psychologist, she has first-hand experience in recognising and catering for the social, emotional, academic, and organisational needs of students. Alison runs a private practice in Melbourne, working particularly in the areas of parenting, counselling and gifted children.

Professional qualifications: Grad Dip (Psych), B. Ed. (Psych), Dip. Teaching (Primary)

Heidi Hibberd (LIFE's Artist) is an illustrator and art director who has worked in magazines, advertising and graphic design. She has sold and published many paintings and designs. Heidi and her husband Pete won the Fairfax, Young Creative Award and represented Australia at the Cannes Advertising Festival in 2004. Heidi has received many more awards for her extraordinary and contemporary work. She is also an award winning musician, song writer and singer and has released an album, Stars and Streetlights. She is from a large family of 9 children, and she and her husband, Pete, have a son named Sol.

Dr Sheena Males trained in London as a medical doctor and worked for 10 years as a General Practitioner. As a mother of four girls ranging in age from 5 to 14, Sheena knows first-hand the challenges and joys of parenting. Fortunately, her medical background and additional training in Solution-Focused Therapy, Non Violent Communication and Appreciative Inquiry have equipped her well, allowing her to provide unique insights in her work with parents. Sheena has worked in Australia as well as the UK, and lives in London.

Professional Qualifications: MB,BS (London), MRCGP (London)

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