



TRAINING THAT DEVELOPS
REAL CAPABILITY



Team Leadership

LPD013

Team Leadership

Effective leadership is the cornerstone of high-performing teams. Strong leaders provide direction, inspire commitment and build cohesion to ensure that organisational goals are met. This course equips learners with the practical skills, tools and self-awareness required to succeed in leadership roles.

Participants will explore a variety of leadership approaches, discover techniques to motivate individuals and teams and gain strategies to handle challenges with confidence. The emphasis is on applying learning in practical workplace contexts, enabling immediate and lasting impact.

This programme can be fully customised to support strategic organisational priorities while addressing individual learning goals.

Duration & Price

Duration: 2-3 days

Delivery mode: This programme is available In-Company

Dates & Locations

In-Company training programmes are customised for your organisations specific needs. Most In-Company training is now delivered virtually.

In-Company Training

Please [contact us](#) for more information on our In-Company training options

What's covered?

This programme combines leadership theory with practical application, providing a comprehensive toolkit for effective team leadership.

Learners will:

- Define leadership, distinguish it from management and identify characteristics of effective leaders
- Critically evaluate and practise a range of leadership styles
- Understand different team types, their functions and the stages of team development
- Assess personal team roles and recognise the importance of diverse contributions
- Explore motivational strategies for individuals and teams
- Apply conflict resolution techniques with confidence
- Develop coaching skills to improve team and individual performance
- Learn time management principles, including how to prioritise, plan and run meetings

The programme is highly practical, with opportunities for learners to reflect on their own leadership styles and apply strategies directly to workplace challenges. In-company delivery ensures relevance to organisational needs.

Who should participate?

This programme is designed for individuals who are new to leadership roles or aspire to develop the skills required to lead teams effectively. It is also relevant for those seeking to enhance their ability to inspire, motivate and achieve results through others.

Suitable participants may include:

- Team leaders and supervisors
- Aspiring leaders preparing for future roles
- Professionals seeking to strengthen leadership capability

This programme is suitable across all sectors and industries.

English Language Competency - A good standard of written and spoken English is important to engage effectively with this programme.

What will I learn?

On successful completion of this course, learners will be able to:

- Explain the role and responsibilities of a team leader within an organisation
- Apply a range of leadership styles appropriately to different situations
- Motivate and engage teams to achieve organisational goals
- Build cohesive teams and support positive working relationships
- Apply effective communication strategies to ensure clarity and engagement
- Use conflict resolution and coaching techniques to improve performance
- Manage time and resources effectively to support team success

These outcomes provide learners with the practical skills and confidence to contribute effectively in leadership roles.

How do we train and support you?

We use a highly interactive, practical methodology rooted in experiential learning. This ensures that every learner has the opportunity to apply new techniques, receive feedback and reflect on personal development throughout the course.

Support elements include:

- Pre-training consultation for in-company courses to tailor content to learner and organisational needs
- Facilitated skills practice sessions recorded for feedback and individual reflection, allowing learners to experiment in a safe, supportive space
- Guided post-training reflective activities designed to embed learning, support behavioural change and identify future goals
- Optional personalised coaching sessions (either one-to-one or group-based)
- Live training is available virtually or delivered onsite to suit the needs of the team

Class sizes are generally limited to 10-12 participants to support personalised learning and individual support.

How can you progress?

Learners who complete this course may progress to advanced programmes in leadership and management, including:

- Management and Executive Development
- Coaching Skills for People Managers
- Leading and Managing People - QQI Level 6

These pathways support continued leadership growth and career advancement.

Tutors



Gina Ryan
[View Profile](#)

What Our Learners Say

We believe in excellence through transparency and continuous improvement. That's why we invite all our delegates to share their experiences on [CourseCheck.com](https://www.coursecheck.com), an independent platform dedicated to genuine, unfiltered feedback. Learner insights help us not only to enhance our training programmes but also empower potential learners to make informed decisions. Click on the link below to read firsthand experiences and testimonials from past learners.



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