

# Civil Service Virtual Teaming: Virtual Strengths Discovery

Teaming means coming together as a team and working towards a common goal; building capability and trust; and improving performance. It's about exploring all the different aspects of what it feels like to be in a team as well as considering the importance of the different relationships within the team.

Civil Service Teaming has been designed to empower teams to take greater responsibility for their own resilience, their performance and their ability to cope with challenges.

## Description

Available to all civil servants below SCS level, regardless of role, grade or profession, this topic's learning activities follow a positive psychology model, focusing on people's strengths, what they enjoy, what energises them and what they're good at.

Part of a three-module virtual learning series, this opening module focuses on how a team can play to its collective strengths to improve its performance, resilience and wellbeing and to work together effectively when resolving current challenges. Module two is [Civil Service virtual teaming](#) and module three is [Civil Service virtual teaming: Facing challenges together](#). This Virtual Learning Experience (VLE) can be run as an individual session. However, we recommend learners book into all three Teaming VLEs in sequence where possible, in order to enhance their learning experience and understanding of teaming.

## What does it involve?

This module focuses on identifying team members' personal strengths, considering the non-verbal and verbal cues that people reveal when using strengths or when talking about activities that use those strengths. There's also the chance to give strengths-based feedback to motivate fellow team members, boost their wellbeing and support them to be their best selves. Sessions can be booked for a number of different cohort sizes.

## What's the outcome?

After completing this topic, team members will have developed an awareness of team strengths as a way to improve team resilience and collaboration. They will also have gained a deeper understanding of their personal strengths and improved their ability to spot strengths in others and give strengths-based feedback.

## Learning activities



Online  
resources



Workshop

## Delivery method:

VLE 

## Estimated learning time:

90 minutes

## How to book

[bookings.governmentcampus.co.uk](https://bookings.governmentcampus.co.uk)

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