



# Pro·Team

## Promotion of Teamwork



[www.e-cv.pt/en](http://www.e-cv.pt/en) | [geral@e-cv.pt](mailto:geral@e-cv.pt)

*Mission, Union, and Action!*

### WHAT IS IT?

Teamwork allows to maximize human functioning and performance in several life contexts.

Teamwork can help people achieve their personal and professional projects by interacting with other members of their team.

Teamwork is a skill that can be trained!

**Pro•Team** aims to stimulate people to be more effective in the way they work in teams in real life contexts.

### FOR WHOM?

Business

Teaching

Health

Security and defence

Sports

Culture and arts

#### Age groups

- Children and youths
- Adults

### HOW DOES IT WORK?

(a) Initial **assessment** of teamwork skills.

(b) **Motivation** for teamwork skills training.

(c) **Learning** about teamwork.

(d) **Automatization** of teamwork skills.

(e) **Transference** of teamwork skills.

(f) Final **assessment** of teamwork skills.

(g) **Monitoring** the use of the life skill in the daily functioning of each person.

