



Effective People Management: Leading High-Performance Teams

27 Sep - 01 Oct 2026
Cape town



Effective People Management: Leading High-Performance Teams

Ref.: 103600539_77755 **Date:** 27 Sep - 01 Oct 2026 **Location:** Cape town **Fees:** 6000 **Euro**

Course Overview:

This course is designed for managers aiming to enhance their people management skills and lead high-performance teams effectively. Participants will gain insights into team dynamics, leadership development, conflict resolution, employee engagement, and talent retention strategies. With a focus on leadership techniques and managing diverse teams, the course offers practical approaches to drive success in team-based environments. By integrating people leadership skills with a clear focus on employee motivation and performance management, this course empowers managers to foster collaborative work cultures, improve team dynamics, and deliver exceptional results.

Target Audience:

- Senior Managers
- Team Leaders
- HR Managers
- Department Heads
- Project Managers
- Supervisors

Targeted Organizational Departments:

- Human Resources HR
- Learning and Development L&D
- Operations
- Sales and Marketing
- Customer Service
- Project Management

Targeted Industries:

- Corporate Enterprises
- Financial Services
- Healthcare and Pharmaceuticals
- Retail and Consumer Goods
- Manufacturing
- Technology and IT

Course Offerings:

By the end of this course, participants will be able to:

- Apply effective leadership techniques for managing diverse teams.
- Utilize employee engagement strategies to motivate teams.
- Implement team management strategies to achieve high performance.
- Master the art of conflict resolution and improve team collaboration.
- Develop talent retention practices for long-term organizational growth.
- Enhance interpersonal relationships and team cohesion for better performance.

Training Methodology:

This course employs an interactive, hands-on approach to learning, combining case studies, group work, and practical exercises. Participants will engage in role-playing activities that simulate real-world leadership challenges, helping them develop conflict resolution skills and refine their leadership style. Emphasis will be placed on coaching for managers, team building, and leadership development. Participants will receive continuous feedback, ensuring that learning is both reflective and actionable. The course will also incorporate strategies for managing team dynamics, creating a cohesive workforce, and implementing effective employee performance management systems.

Course Toolbox:

- Access to leadership assessment tools for evaluating and improving management skills.
- Checklists for employee engagement, conflict resolution, and performance management.
- Practical case studies drawn from various industries.
- Tools for managing diverse teams and developing leadership coaching plans.



Course Agenda:

Day 1: Foundations of People Management

- **Topic 1:** Understanding People Management Skills
- **Topic 2:** Leadership Development Techniques
- **Topic 3:** Effective Leadership Styles for Managers
- **Topic 4:** Managing High-Performance Teams
- **Topic 5:** Introduction to Employee Engagement Strategies
- **Topic 6:** Managing Diverse Teams in the Workplace
- **Reflection & Review:** Reflecting on leadership effectiveness and people management skills.

Day 2: Building Strong Teams

- **Topic 1:** Stages of Team Development
- **Topic 2:** Team Roles and Responsibilities
- **Topic 3:** Creating and Implementing Team Building Strategies
- **Topic 4:** Building Trust and Morale within Teams
- **Topic 5:** Resolving Conflicts in Teams
- **Topic 6:** The Role of the Manager as Facilitator
- **Reflection & Review:** Analyzing team-building methods and overcoming challenges.

Day 3: Coaching and Leadership Techniques

- **Topic 1:** Coaching for Managers: Key Skills and Approaches
- **Topic 2:** Mentoring vs. Coaching: Key Differences
- **Topic 3:** Creating a Coaching Culture in Your Team
- **Topic 4:** Leveraging Leadership Coaching for Employee Growth
- **Topic 5:** Practical Coaching Exercises for Team Leaders
- **Topic 6:** Leadership Development and Its Impact on Performance
- **Reflection & Review:** Understanding the role of coaching in leadership development.



Day 4: Employee Performance Management and Retention

- **Topic 1:** Techniques for Managing Employee Performance
- **Topic 2:** Setting Clear Expectations and Goals for Teams
- **Topic 3:** Effective Feedback and Development Plans
- **Topic 4:** Employee Engagement as a Retention Strategy
- **Topic 5:** Motivating Employees for High Performance
- **Topic 6:** Strategies for Recognizing and Rewarding Excellence
- **Reflection & Review:** Reviewing performance management strategies and retention techniques.

Day 5: Advanced People Management Strategies

- **Topic 1:** Advanced Conflict Resolution Techniques for Managers
- **Topic 2:** Strategic Workforce Management
- **Topic 3:** Aligning Teams with Organizational Goals
- **Topic 4:** Leading Teams through Change and Uncertainty
- **Topic 5:** Creating a Positive Work Culture to Foster Success
- **Topic 6:** Assessing and Improving Team Dynamics
- **Reflection & Review:** Final reflection on advanced strategies for effective people management.

FAQ:

What specific qualifications or prerequisites are needed for participants before enrolling in the course?

There are no formal prerequisites for this course, although prior experience in a leadership or management role would be beneficial.

How long is each day's session, and is there a total number of hours required for the entire course?

Each day's session is structured to last approximately 4-5 hours, totaling 20-25 hours over five days of instruction.

How can I best apply the learning from this course to my team's performance?

Participants will learn actionable strategies for improving communication, leadership, team cohesion, and performance management, which can be directly implemented in the workplace to see immediate improvements.



How This Course is Different from Other People Management Courses:

What sets this course apart is its focus on both interpersonal and leadership skills within team management. It integrates modern coaching practices, effective conflict resolution, and proven employee engagement techniques to ensure managers not only lead but also empower their teams for optimal performance. Unlike other courses, we emphasize practical application through real-world case studies and a hands-on approach to leadership coaching and development.

Training Course Categories



Agile PM and Project Management Training Courses



Certified Courses By International Bodies



Communication & Public Relations Training Courses

Communication and Public Relations Training Courses



Data Analytics Training and Data Science Courses



Environment & Sustainability Training Courses



Finance and Accounting Training Courses



Governance, Risk and Compliance Training Courses



HR TRAINING & DEVELOPMENT

Human Resources Training and Development Courses



IT Security Training & IT Training Courses



Leadership and Management Training Courses



PROCUREMENT LEGAL TRAINING CONTRACTING COURSES

Legal Training, Procurement and Contracting Courses



Maintenance Training and Engineering Training Courses

Training Course Categories



Marketing, Customer Relations, and Sales Courses



Occupational Health, Safety and Security Training Courses



Personal & Self-Development Training Courses



Quality and Operations Management Training Courses



Secretarial and Administration Training Courses



Training Cities



Abu Dhabi - UAE



Accra - Ghana



Al Jubail - Saudi Arabia



Amman - Jordan



Amsterdam - Netherlands



Athens - Greece



Baku - Azerbaijan



Bali - Indonesia



Bangkok - Thailand



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Kuwait - Kuwait



Langkawi - Malaysia



Lisbon - Portugal



London - UK



Madrid - Spain



Manama - Bahrain



Marbella - Spain



Milan - Italy



Montreux - Switzerland



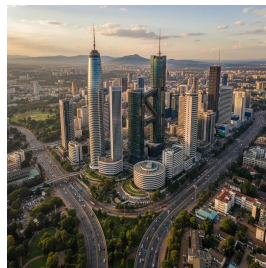
Training Cities



Munich - Germany



Muscat - Oman



Nairobi - Kenya



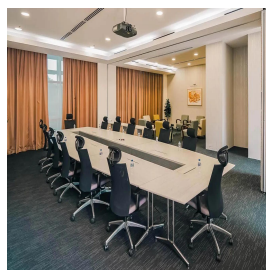
New York - USA



Nice - France



Paris - France



Phuket - Thailand



Porto - Portugal



Prague - Czech Republic



Riyadh - Saudi Arabia



Rome - Italy



San Diego - USA



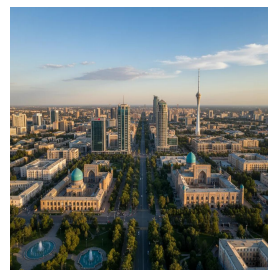
Seoul - South Korea



Sharm El-Sheikh - Egypt



Singapore - Singapore



Tashkent - Uzbekistan



Training Cities



Tbilisi - Georgia



Tokyo - Japan



Toronto - Canada



Trabzon - Turkey



Vienna - Austria



Zanzibar - Tanzania



**Zoom - Online
Training**

WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



AGILE LEADERS
Training Center

CONTACT US

 UAE, Dubai Investment Park First

 +971585964727
+447700176600

 sales@agile4training.com