



Foundation Workshop Agenda (2hrs)

- 5 mins **Intro and Aims**
- 10 mins **C-me Card game**
- 10 mins **Good Day / Bad Day**
- 2 mins **Leadership around the wheel**
- 5 mins **Guess the Colour Game**
- 5 mins **C-me History / Jung**
- 13 mins **Reading C-me Reports**
- 10 mins **BREAK**
- 10 mins **Personal Reports Explore / Filter / Share – Exercises 1 & 2**
- 15 mins **Communication – Exercise 3 – 5**
- 5 mins **Communication Flexing – Exercise 6**
- 5 mins **Personal Reflection**
- 25 mins **Team Reflection**