



Foundation Workshop Overview

Who is this workshop for?

This workshop has been designed for any group of people who want to get the best from themselves and those they work with. As we know, better teamwork increases productivity and performance, as well as enhancing relationships.

Our Foundation Workshop is an interactive, informative and fun way to begin this journey. We focus on behaviours rather than personality and provide a common language that helps a team communicate their similarities and differences easily.

What are the benefits of this workshop?

Your team will:

- ✓ Gain a clearer understanding of their individual strengths
- ✓ Learn how to get the best out of others in the team
- ✓ Create a common language to communicate and connect better
- ✓ Appreciate each other's strengths and the value each person brings
- ✓ Strengthen team cohesion
- ✓ Create action plans to help embed ongoing development

Additional workshop options

- Communication and Conflict
- Stress and Resilience
- Team Cohesion
- Leadership Development
- Change Management
- Sales and Influencing