

Optimizing team cohesion and wellbeing workshop

AGENDA (based on 9am-12.30pm)

Introduction 9-9.20am

Setting the scene: Why this workshop is a game changer for individuals and teams

Getting our groove on: Create the collective mindset and behaviors to maximize today's workshop

Getting humming as a team 9.20-10am

Leveraging the science: Use the biology of stress to enhance performance, avoid burnout and understand team behaviors

Busting the barriers to connection: Getting out of our own way so we can be stronger together

Equipping the team with strategies for understanding and supporting peers under pressure

Getting humming as an individual 10-11am

Applying pressure-tested strategies for sustaining yourself and maximizing wellbeing and performance

Minding the gap: Create congruence between our priorities, values and actions so what's important isn't lost in the chaos

Getting intentional: Put an action plan in place (every participant leaves with a personalized wellbeing and performance plan)

Creating a boost for a peak time: Feel better and do better in five days

BREAK 11-11.15am

Bringing it all together 11.15-11.40am

Avoiding the trap of losing perspective under pressure

Deepening connection and appreciation to build a stronger team

Wrapping it up 11.40am-12pm

Embedding the reset for team connection and wellbeing

Making individual and team commitments

Feedback for Hummingly 12pm-12.30pm

CLOSE 12.30pm

Wellbeing workshop in a box

Guided workshops for managers

Need a boost to wellbeing, connection and team cohesion?

Presenting an incredible workshop for wellness, mental health, and team building is hard if you don't have the expertise. ... And bringing in the experts is expensive and involves scheduling and logistics you don't need.

We have facilitated over 500 workshops for teams and leaders around the globe to boost wellbeing, resilience and performance under pressure. These teams have benefited from our expertise in cognitive science and decades of experience leading teams in the most trying times after disasters. Now your team can too!

We've put all our knowledge and expertise into one box and all you have to do is **push PLAY!**

1

Order
your
box

3

Distribute
materials

2

Gather
your
people

4

Push
PLAY!

What is video facilitation?

You will feel like we are in the room leading the session. We explain the activities, share our expertise, and we tell you when to hit pause to discuss or participate together. We lead the meeting start to finish and just need you to push the buttons and pass out the materials.