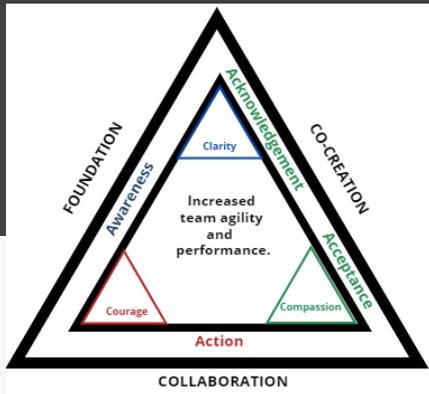




CONSCIOUS CONNECTION FOR 2021: *Team Re-set*



As you and your team step into 2021, is the flow-on impact of the extraordinary experiences of 2020 starting to emerge?

How does this impact your team's connection, wellbeing and ability to perform together?

Many of us, have experienced both personal and professional challenges in ways we most likely never anticipated. Much of which is still likely to be unfolding as we continue to make sense of where we find ourselves and what our next steps might look like.

As your strategic and operational environment may continue to shift and adjust to a new macro and micro context, intention and emerging priorities, individuals and teams are also adjusting.

Uncertainty holds unknowns as it's not predictable or familiar. Our known structures shift and our vulnerability can emerge as our sense of control is challenged. This can lead to unspoken.

Our fears can take over and we can feel very alone. We can contract our behaviours to 'stay safe' which ultimately, constrains our individual and collective collaboration, innovation and performance.

If left unspoken, this can continue to fester underneath task and the 'doing' of our roles. There is another way! We can co-create conscious, compassionate team space where human experiences are honoured as part of the collective workplace experience. This enables deeper understanding, connection and new ways of working to emerge.

Full day/two half-day team workshops

- Online or in person
- Up to 18 participants per workshop.

Approach

The unique mindful and heartfelt action-learning approach enables shared exploration through shared awareness and acknowledgement of our human stories supporting the release of the past and the new to emerge.

- Conscious letting go.
- Seeing ourselves in the other continues to deepen connection, understanding and trust.
- Opportunity to embrace the learning from 2020 including what's important and desired intention for new action in 2021.

What participants say...

"Something I really like is hearing other team members experiences, challenges."

"Through this we found lots of common ground (e.g. our own feelings and insecurities)."

"Something I learnt was that we are all in this together."

"Something I'm going to do now is be more mindful of how others feel and how I make them feel."

"Following the session I feel hopeful."