

Team Workshops



AndreaWhite
PRESENTING INSPIRATION

Team Workshops

Half day or Full day workshops that enable teams to bond, focus on well-being, team spirit and improve communication and resilience. We will work with you to build a bespoke program to meet the individual needs of your team.

1

Team Communication and Resilience

Our team workshop uses drama-based games to enable teams to find space to have fun, relax and get creative. Once we are in this place we can think better, work better and communicate better. This is where transformations take place!

We help teams to:

- Identify how to better communicate
- Be more resilient
- Enjoy working together
- Develop a more effective 'coaching style' of communicating
- Maintain a positive outlook even in challenging times

2

Confidence Booster Workshop

In this transformative workshop you will learn how to find the freedom to let go of fears and be your best self, even in the most stressful situations.

Using fun and interactive exercises, we provide techniques to help you:

- Identify what holds you back
- Learn how to relax
- Take control of your nerves
- Inspire and connect with others
- Find joy in speaking publicly

Guide pricing for up to 12 participants

In person:	Virtual:
Half day: £2,500	Half day: £2,000
Full day £3,500	