



Team Well-Being & Resilience

The ability to manage our own emotions and help others manage theirs is critical for optimal personal and team performance. This workshop helps individuals and teams build positive habits to enhance well-being and resilience through turbulent times and everyday stresses and strains.

This programme has been designed by The Colour Works.

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Content

Team Well-being and Resilience Training

- Emotional Intelligence - understanding the impact our physiology and emotions have on our ability to perform
- Pressure Points - what causes stress for the different colour types? How does each react and what do they need in order to move on?
- The Performance Quadrant - establishing where our individual and collective energy is being pulled and defining strategies to maintain high-performance
- How to build resilience - theory and exercises
- Team challenges to bring the learning to life

Impact

- Confidence
- Resilience
- Performance

Outcomes

By the end of this workshop your team will have a better awareness of how to support themselves and one other through high-pressure situations and, having agreed individual and team actions, be in a better place to pull together when times get tough.