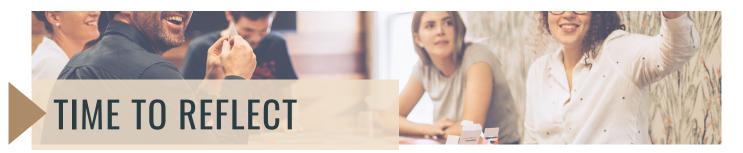
Rise & Shine

TEAM CULTURE DAY 2022

- CO-DESIGN THE CULTURE OF YOUR TEAM FOR 2022 -- TRANSFORM YOUR TEAM FROM THE INSIDE OUT -

WHAT THE DAY WILL LOOK LIKE



Start the day with a Manager led opportunity to reflect on 2021 - the successes, challenges and learnings.



Explore how your people want to feel at work at an individual and collective level to support the team's success. Define the team's emotional culture and the way they want to work together.



Design and develop an emotional culture canvas to define set behaviours, actions and rituals to support the desired emotional culture.



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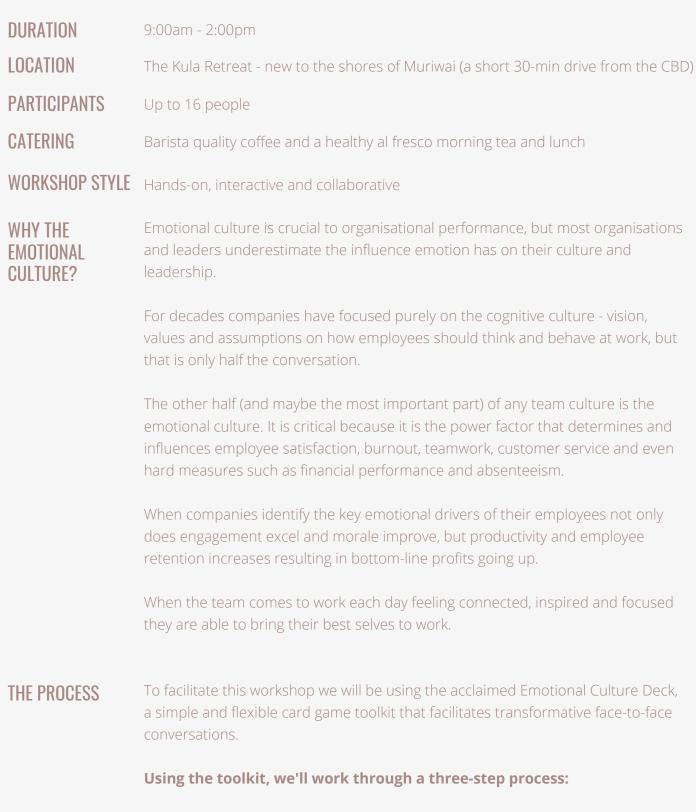
OUTCOMES OF THE DAY

- Map the emotional culture of your team and define the way you work together
- Understand your colleague's personal motivations, needs and fears at work
- Enable powerful conversations and bottom-up culture change
- Build greater empathy for others in your team and organisation
- Design a measurable cultural canvas to help the team stay focused and set for success



TEAM CULTURE DAY More information

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- Explore how your people individually want to feel and not feel at work
- Work together to map out how the team want to feel and not feel as a collective to support the team's success (the emotional culture)
- Define the actions and behaviours to support the emotional culture

TEAM CULTURE DAY Investment

INVESTMENT

\$5800 + GST (for up to 16 people) (\$362 per person)

\$250 per extra person

Included in this fee:

- Venue hire www.kulamuriwai.co.nz
- Catering (nutritious morning tea and lunch)
- Printed resources
- Accredited Emotional Culture Deck Facilitator
- 1 x Emotional Culture card deck per person (to use on the day)
- Post workshop recommendations and a library of resources

ADDITIONAL Building a Healthy Feedback Culture (+ 1.5 hours)

EXTRAS

ADD A SESSION ON: Arm your team with the confidence to provide regular feedback to their colleagues. In this module we introduce a simple, effective five step feedback framework for providing both motivational and developmental feedback. By building a culture of feedback the team is more likely to stay on track, focused and committed to achieving their defined team culture.

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Mindfulness practise (+ 20 minutes)

Mindfulness. Everybody's doing it. From Google to the NHS and Transport for London. The neurological benefits of mindfulness have been linked to an increase in emotional intelligence, specifically empathy and self regulation. In just 20 minutes you will be guaranteed to feel more focused, calm, open and resilient.

Rewiring for Wellness (+1 hour)

Arm your team with stress management techniques grounded in the latest Neuroscience research. This workshop gives attendees an in depth understanding of the mechanics of stress and a personalised tool-kit to help rewire their brains for calm and boost resilience in a matter of weeks.

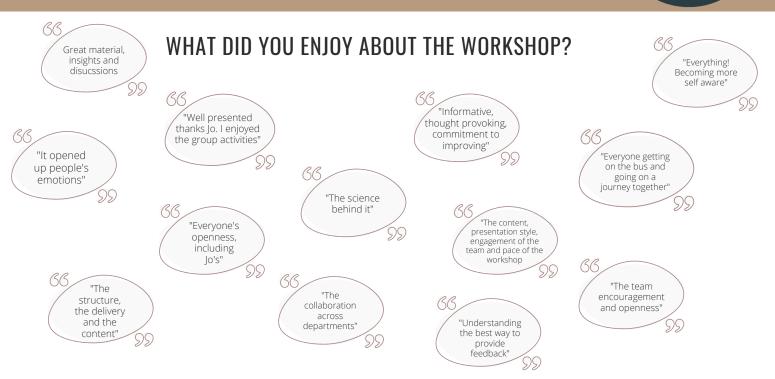
Introduction to breath-work (+ 1 hour)

A practical workshop giving team members the opportunity to experience five powerful breath-work strategies proven to reduce stress, boost creativity and generate energy.

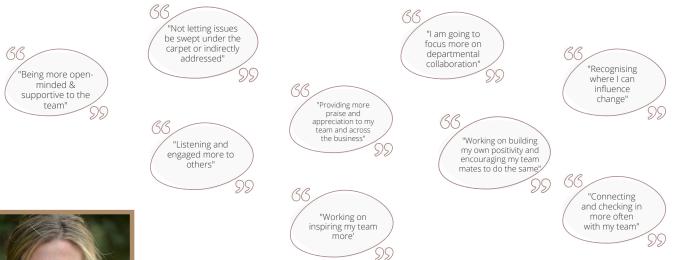


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WHAT ARE YOU COMMITTING TO AS A RESULT OF THE WORKSHOP?





ABOUT JO

Jo is an accredited coach with a background in instructional design, HR and L&D., with over a decade of experience in developing, designing and facilitating workshops for some of New Zealand's leading organisations.

Her speaking experience varies from facilitating with small groups and leadership teams, right through to keynote speaking to large audiences in the hundreds at industry events.

Jo founded Rise and Shine Group in 2014 to help individuals and teams work more collaboratively for greater success. She believes in taking a self leadership approach in both your personal and professional life.

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"WHEN DEALING WITH PEOPLE, REMEMBER YOU ARE NOT DEALING WITH CREATURES OF LOGIC, BUT WITH CREATURES OF EMOTION."

- Pale Cannegie

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