

GoodTalk!

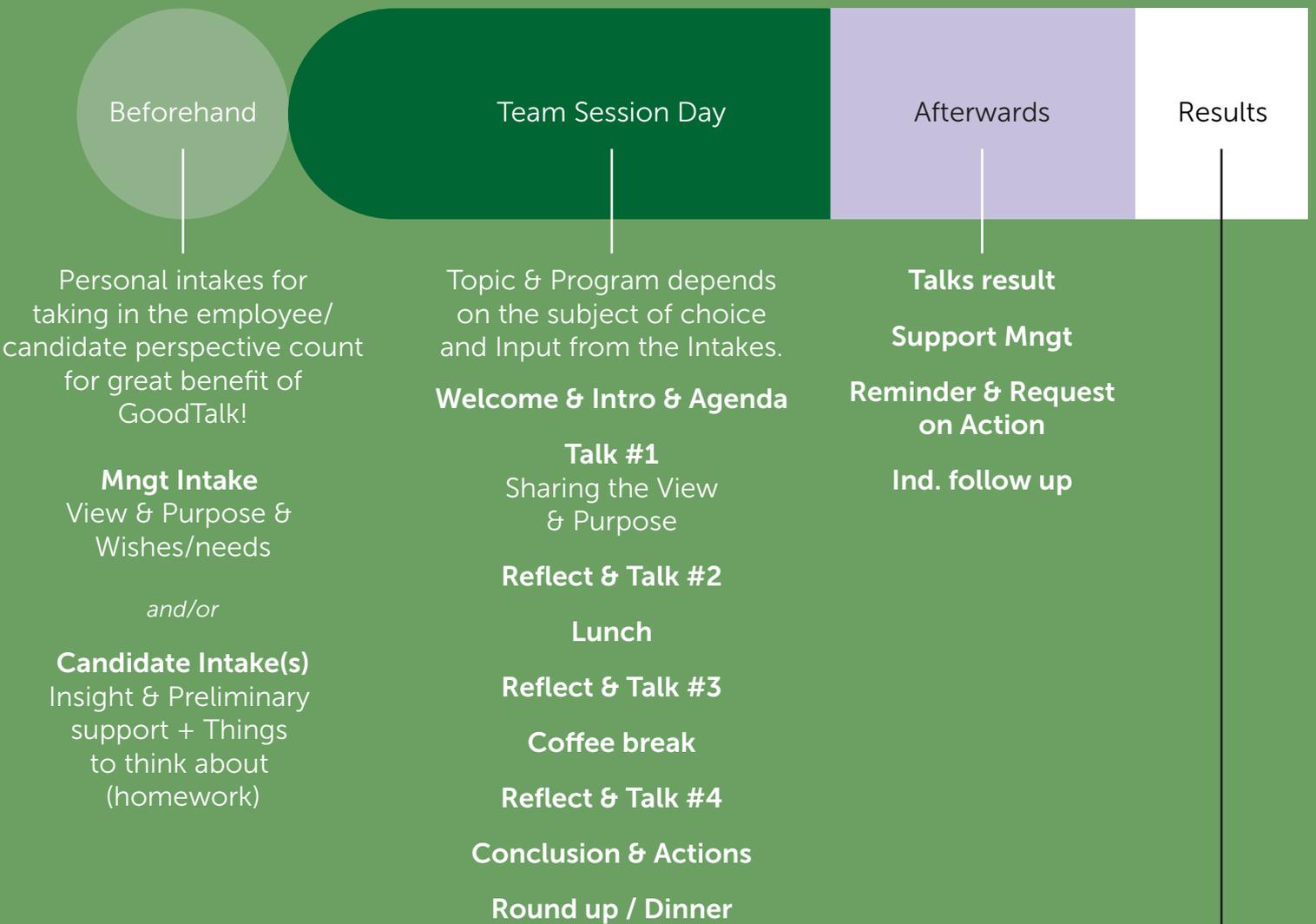
Team sessions focused on having **real, meaningful and good** conversations for personal and interrelation insight.

Talk! about a combination of **hard** (vision, mission, goals, important subjects/projects) & **soft** (behaviour) work aspects for the near time.

Prevention and Reaction

Insight and **action** on all aspects of mental/physical fitness to get people (better) motivated, successful and happy on the job and in life.

GoodTalk! Process and example:



- Real, meaningful and good conversations on Day2Day issues *Cognitive, Emotional and Relational level*

- Sharing of wishes & needs from mngt perspective

- Employee insight on hard (org.) & soft (behav.) aspects

- Team insight and actions on behavioural alliance

- Insight and action on all aspects of mental/physical fitness

- Emotional discharge or physical exertion/relaxation

- Fun & Play

- More motivated, successful, effective and happy people on the job/in life

- Concrete prevention and action

- New perspectives

- Professional and qualitative support

Fill in the Program on the Team Session Day

Subject of choice for the Talk's moments, 1 Subject delivers content for 4 Talk's.

The Talk's are done with the whole team, in sub-groups or pairs with or without management in a quiet, comfortable environment with freedom to 'act like home'. *Possibility to go outside to Walk the Talk (or with exercises)*

Talk's have the purpose of giving (new)insight and reflection on behaviour, emotional discharge or physical exertion/relaxation, alignment on (team related) topics or plain good fun!

Personal Color

Personalcolor gives complete self-insight into:

1. how you see yourself (self-image);

2. how others experience you (feedback);
3. your strengths;

4. your possible development points

The results are presented in a report with four basic colors, each with their own specific meaning. In the intake we discuss the personal results for insight and personal development. The team profile improves the dynamics, effectiveness, mutual division of tasks and communication to optimize a team. The 'Moments of Talk' generate insight, openness to share and fun.

Key words: personality typology, 4 colors, self insight, team match and fun tool.

Act your part

Acting involves a broad range of skills, including imagination, emotional facility, physical expressivity,

vocal projection, clarity of speech and the ability to interpret. By providing a day of practice on real life (work) situations or out-of-the-box situations in a safe and secure environment to freely express behaviour, we generate self-awareness and learn to understand, discover, develop different behavioural reactions.

Acting is done in close connection with other people and for that reason has a great effect on mutual respect, cooperation, team spirit and transcendence of personal dimensions/agenda. We take time to evaluate and translate behaviour to support maximum benefit (just as the use of film material can be chosen towards this end).

Key words: behaviour expression, actual practice, immediate effect, understand & discover and team spirit.

Team Talent Scan

The Team Talent Scan gives insight into individual and team talents, motivation and possible risks. Talent

can be discovered, recognized and developed in terms of roles. Conscious choices about actions further the development of talents and mutual working relationships.

Key words: roles, motivation, strengths (talent), next development steps for the team.

ABC GoodTalk!

An original method based on motivation theories of self determination gives complete information

including Autonomy, Belonging and Competence to indicate motives and (personal) fit between individual and organisation. Development assessments connecting current and future capabilities of a team/organisation are starting point and a good instigation for mutual conversation. Development advice for each candidate, analyses of potential (if wished related to certain positions) and indication for training/workshops/-coaching are included.

Key words: Autonomy, Belonging & Competence, self determination, potential, advice and competence team match.

Physio MentalFit

Professional care and attention on the relationship between mental and physical

well-being. Physical issues almost never stand alone and go beyond the places of pain, and vice versa. For that reason we provide a responsible, conscious and pleasant approach of analyzation and exercise with attention for places of physical strain and the movement chain it belongs to. It opens up the interaction on mental well-being for candidates to understand themselves from another point of view to get a grip and positive influence on (work) life in all its aspects.

Key words: movement, awareness, mental connection, positive redirection and outside activity.

Stating the Art

'Science helps us understand our experience of art, so too does art give us a view of the mind that

comprehends it...' Let's not forget that art lightens the heart, celebrates the familiar, stimulates deep thought as well as arouse all types of emotions' (Robert Solso in The psychology of art and the evolution of the conscious brain).

Art or shape/colours influences behaviour (mostly unconscious). What exactly to stimulate in order to change is difficult to point down, however for sure painting stimulates imagination, expression and creativity. Creating a world on paper is sometimes quicker than forming the words. It is a way of communication with yourself and others.

Connect with yourself and what moves you. Connect with your team and use the input or create something together for brainstorming/discussion. Painting easily provides for respect, active listening and feedback giving/receiving. The painting process is the goal, not the result of the painting itself (all paintings are good). Form and content can be tuned to the purpose/wishes of the team (manager).

Key words: Inspiration, physic activity, personality and brain connection, team building and possibility for insight on aspects of communication.

Team Flow

Flow is a condition that we experience when we are completely absorbed in an activity. In general it goes

accompanied by a motivated and energetic focus. Effective teamwork is essential, in order to be innovative, creative and productive as an organization. Scientific research in the field of Flow has shown that Flow leads to better performance more job satisfaction, satisfaction, happiness, creativity and meaning in the execution of interdependent tasks that are performed in the team interest. If the right conditions are created, teams/organizations can express their maximum potential together.

Key words: team flow, research & exercise, inspiration, intervention and teambuilding activities.

Compassion

To meet someone face to face, heart to heart, mind to mind, with openness, spaciousness, non-judgment and reflexivity,

changes both the person meeting the other and the person being met. It is the potential that opens up. When people feel met, heard and understood it allows them to become more present. It creates interpersonal safety, trust and compassion which allows for the possibility to connect and deepens experience within, between, and beyond two individuals and changes the whole team/organization (with accompanying results on effectivity and productivity).

We apply innovative ways of weaving together different approaches of theory, practice, music and activity to cultivate presence and compassion to unlock potential of each person to enhance a healthy life.

Key words: theory & practice, open heart, reposal, depend relationships and music.

Leadership

Through images, exercises and fascinating stories about leadership we invite you to think about certain

leadership styles, roles, insights and behaviors. The link to science and practice is laid out in a playful manner. There is room for taking in own interests/theories and discussions with people/leaders of interest.

Key words: leadership style, image, roles and behaviour. Examples, theory, exercises & discussion.