



Bespoke Team Building Workshops



At PeopleSmart, we understand the many challenges faced by individuals and teams. In workshops, one-on-one coaching and group sessions, we consistently hear feedback about the struggles people face in fostering connection, engagement, trust and well-being.

Caused by post-pandemic mental health issues, personal and organisational financial challenges and socio-political uncertainty, people are experiencing a toxic cocktail of challenges that is impacting individuals and teams.

We work with clients to create team building workshops that combine reflection, healing and fun. These bespoke workshops are designed with the client, according to their team's specific needs. We use a tried-and-tested framework that is easy to implement, cost-effective and demands a minimum amount of time out of the workplace.



Our Process

1. We begin by doing short online consultations with each team member to determine what is working and what isn't within the team. We capture this information in a confidential report and present this back to the team manager for input. This data informs the design of a workshop.

2. We convene a 1.5-day or 2.5 day, off-site workshop in a relaxed and conducive setting. This is facilitated by two master facilitators including one qualified industrial psychologist, with inputs from a play-based team building duo. One full day of workshop, a fun and relaxed evening and a half-day ending with lunch, complete an experience that balances personal and team healing, creating new ways of working and lots of fun.

3. We compile a report with outcomes from the workshop and recommendations for sustaining the momentum and energy created.

Outcomes:



Team Cohesion



Trust



Engagement & Connection



Energising the team



Giving & receiving feedback



New ways of working based on care and respect

Teams that benefit most from the process

- New teams/restructured teams
- Teams working remotely/in silos
- Teams that haven't had a team building in the last 24 months or longer
- Teams battling with divisions/lack of trust
- Under-performing teams
- Teams experiencing high levels of stress/burnout
- Diverse teams (gender, age, race etc)