

# EMPOWERED 4 POSITIVE GROWTH

## TEAM COACHING WORKSHOPS

All our workshops can be tailored meet your team's needs

We appreciate that team coaching may be new and unfamiliar to you so we have created coaching-led workshops to help you **IMPROVE YOUR PERFORMANCE AS A TEAM**, and **CREATE VALUE** within and outside the team, for you and all your key **STAKEHOLDERS**. These can be run as individual workshops or in succession, based on the team's needs and challenges. This supports team learning, growth, and positive change.



### BEING A TEAM & CREATING VALUE FOR ALL OUR STAKEHOLDERS

A **full-day** coaching-led workshop focused on exploring 'what is a team' and 'whom do we serve?'. The session includes **STAKEHOLDER MAPPING**, as well as role play to **challenge assumptions, shift perspective, boost creativity, and deepen empathy**. The session also includes the creation of stakeholder-led questions to provide real insights and strengthen stakeholder relationships.



### SHAPING OUR PURPOSE, DESIRED OUTCOMES & TEAM CHARTER

A great build on the above session is the **full-day** coaching-led **Discovery Workshop**. This session focuses on **shaping the desired outcomes for the team** through a **co-created TEAM CHARTER**. The team draws on the insights and feedback from selected stakeholders. The team also explores its own **LEARNING TIMELINE** - resources, strengths & learnings. The team also explores its own purpose, and values, as well as how it can create value now, and in the future.



### INCREASING OUR IMPACT, EFFECTIVENESS & PERFORMANCE

This **full-day** builds on the above session to **shape TRANSFORMATIONAL KPIs**, including the **BEHAVIOURS** that underpin stronger **performance, connection, and collaboration**. Seeks to improve accountability and motivation in the team, clarifying goals, and roles. Explores **Energy/Impact optimization** within the team, including effective delegation. Includes the foundations of **EFFECTIVE MEETINGS**.



### STRENGTHENING OUR RELATIONSHIPS & COLLABORATIVE POTENTIAL

This **full-day** coaching-led workshop focuses on building **stronger team relationships** to foster safety, inclusion & creativity. Explores current **psychological safety** levels in the team, bringing in games and tools to deepen **TRUST, EMPATHY, and CONNECTION**. Explores 'what is still stopping this team from being at its best?'. Seeks to develop **LISTENING skills**, drawing on The Thinking Environment framework. Includes **reframing conflict and embracing vulnerability**, and explores the principles of **conscious leadership**.

*'For a team to be at it's best, the individuals in the team need to be at their best too.'* – 4PositiveGrowth

We truly believe that for a team to be at it's best, the individuals in the team need to be at their best too. Our **EMPOWERED & PQ Mental Fitness programmes** support individual personal growth and mental fitness through self-discovery, reflection, and coaching, for improved self-awareness, emotional management. The outcomes and benefits of these programmes include improved empathy for self and others, a more positive, open mindset, as well as greater resilience, confidence, focus, and motivation.

Additional tools for raising self-awareness, fostering deeper empathy, and improved relationships with the team include the **FREE PQ Saboteur Assessment** and DiSC® profiling. **Everything DiSC** is a personal development learning experience that measures an individual's preferences and tendencies based on the DiSC® model. Participants receive personalised insights that deepen their understanding of self and others, making workplace interactions more enjoyable and effective. The result is more engaged and collaborative teams and meaningful culture improvement in organisations.



To explore team coaching and personal assessment with 4PositiveGrowth, please contact – [caroline@4positivegrowth.co.uk](mailto:caroline@4positivegrowth.co.uk) or call + 44 (0) 7710 631181

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Coaching to help you be at your best