

## WORKSHOP OVERVIEW

# C-me Foundation Workshop Overview

**Unlock stronger performance by strengthening the way your team works together.**

## Who is this workshop for?

This workshop has been designed to help individuals and teams get the best from themselves and each other — boosting productivity, collaboration, and connection.

Our Foundation Workshop is hands-on, insightful, and enjoyable. By focusing on behaviours rather than personality, we give teams a simple, powerful language to communicate clearly and thrive together.

## What are the benefits of this workshop?

Taking part in this workshop, your team will:

**01** Gain insight into individual strengths and working styles

**02** Learn strategies to boost collaboration and improve performance

**03** Develop a shared language to communicate better

**04** Value each other's strengths and unique contribution, learning how to support each other better

**05** Enhance trust and strengthen team cohesion

**06** Create practical and realistic action plans to harness momentum and embed ongoing development

## Additional workshops available...

Communication and conflict

Stress and resilience

Team cohesion

Leadership development

Influencing with impact

Change management