

AGENDA · RUNNING ORDER

Foundation Workshop

C-me Foundation Workshop Agenda – eleven sessions spanning intros, the C-me model, personal profiles, communication and reflection.

1h 45

TOTAL TIME

6

EXERCISES

1

BREAK

5 min	Intro and aims
10 min	C-me card game
10 min	Good day / bad day
5 min	Leadership around the wheel
5 min	C-me history and Jung
10 min	<i>Break</i>
10 min	Personal profiles: explore / filter / share – exercises 1 and 2
15 min	Communication – exercises 3–5
5 min	Communication flexing – exercise 6
5 min	Personal reflection
25 min	Team reflection