

## Workshop: Energize your team for higher engagement

Our workshop puts the focus on the energy levels of you and your group. It is very effective on its own but can also serve as the first step in a more extended process designed to bring about positive changes in individual habits and in organizational culture.

The workshop combines short talks with personal reflection, lively discussion, and group exercises.

### The Workshop is ideal for:

- Catalyzing a longterm process of positive change
- Team-building
- Company kickoff

### As a participant you will:

- Gain a solid understanding of the central findings from research in performance psychology and neuroscience.
- Complete a personal energy analysis that highlights high priority
- Learn how to make sustainable changes in your daily routines in order to become an expert in self-management
- Develop an understanding of how your workgroup can create the optimal conditions for reduced stress and heightened productivity.

### Practical details:

- Workshop length; one full day (or half day)
- Follow up session after one month to review progress on personal action-plans
- 2 hours
- 15-20 participants
- Can be held in Swedish or English

