

# WORKSHOP: EMPOWERING PEOPLE IN THE WORKFORCE

## THE HF PROJECT

### OUR WHY...

To empower businesses to create a workplace culture that builds connections, competencies and productivity.

### OUR HOW...

Through experiential activities you will be thinking, feeling and deciding.... how to achieve belonging, significance and encouragement.

### OUR WHAT...

A two hour workshop that will provide you with information and tools to promote a respectful, highly productive workplace environment.

Would you like to use the pandemic as a catalyst to rethink how we live and work together? If so this is the workshop for you?

### WORKSHOP AGENDA & OUTCOMES

- **What is your why?** - Identify your beliefs, principles & passions.
- **Self-awareness** – Identify our leadership styles.
- **Values, skills & behaviours** – What are the values & behaviours we want to live & breathe.
- **The Brain** - Understanding how the brain works.
- **Communication Techniques** – Experiencing how small changes in vocabulary can have an enormous impact.
- **Resilience** – Understanding what resilience is and what it looks like in the real world.
- **Restorative chat** - How to reconnect.
- **Takeaways** – What are our key takeaways and what does that look like?

