



BEHAVIOURS THAT BUILD IMPACT

WHAT IS IT?	Behaviours are the visible expression of our values and strengths. They shape culture, influence trust, and determine how effectively we work together.
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WHY IS IT IMPACTFUL?	This session helps participants explore the behaviours that energise or drain them, understand how everyday actions impact performance, and learn how to consciously adopt behaviours that align with values and strengths.
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HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Gain clarity on the role behaviours play in shaping outcomes and relationships.
- ✓ Identify behaviours that reinforce or undermine team culture.
- ✓ Explore the link between values, strengths, and behavioural choices.
- ✓ Commit to small, actionable behavioural shifts that create lasting impact.

THE RESULT?	Equipping people to make conscious behavioural choices that foster trust, collaboration, and resilience
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