

Team Dynamics Day



One day... a lifetime of understanding

A team building day with a difference.

Fun and insightful activities that use robust psychology to genuinely help you understand each other and work better together.

- Entertaining psychology-based team activities for a great day together
- A full professional psychological pulse check of your unique team
- Take home Team Dynamics results to use beyond your day.
- Free, lifetime access to personal development tools, for your entire team.



The full package

(1) Location

Your day will take place in our inspiring event space in the centre of Bath

A large, light, and airy space, oozing with Georgian period charm, inspiring modern artwork, and all the facilities you need for a relaxed day.

All food and drink provided.

2 Activities

Fun psychology-based workshops and activities that will help your team come together.

Like our Big Dilemma activity that gets your team solving a series of life changing scenarios.

Or Decision Time, that focusses your team into making critical group decisions.

(3) Psychological pulse check

Behind the scenes our professional psychologist will be analysing your team members and how they operate together. At the end of the day you will be guided through personalised strategies on how to better:

- · Understand each other
- Communicate
- Build relationships
- · Identify blind spots
- Resolve conflicts

4 Take Home

Team leader - a pack containing all the team dynamics insight advice.

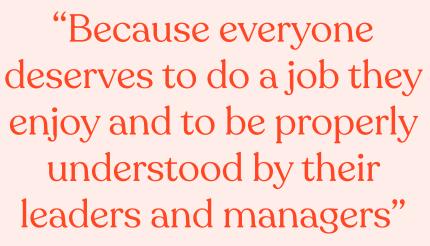
Each participant – a pack containing their full personality report to guide them in becoming more fulfilled at work.

Free, unlimited access to Yondur, a new app that contains a suite of psychology and neuroscientific games for driving further personal development.

Free for life. No strings attached.

"I have never seen so many light-bulb moments in such a short space of time"

-Previous Participant



Dr Jared Skey Cognisess CGC



Running Order

| Complete online in advance | 0 | All team members to complete a 40min online psychological survey. |
|----------------------------|---|---|
| 9.30am | 0 | Arrive -coffee/refreshments provided |
| 10am | 0 | Team Psychology Workshop |
| 10:20am | 0 | Big Dilemma activity |
| 11:30am | 0 | Refreshment break |
| 12am | 0 | Decision Time activity |
| 1pm | 0 | Lunch (Cold buffet provided) |
| 2pm | 0 | Coffee/Tea Informal self-discovery session with tips for beyond the day and demonstration of Yondur -your free take home app. |
| 2:30pm | 0 | Team dynamics feedback session-where our psychologist will guide you through your teams' unique psychological make up. |
| 4pm | 0 | Drinks/refreshments provided -final informal discussion and opportunities to ask questions |
| 5pm-Late | 0 | Our events space will be available for you to book if you want to extend your day into the evening. |

Day package cost:

£5,000 for up to 15 people.

One fixed price - everything included







Get in touch

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