



Team Dynamics Day

Psychology based team-building
for believers in human potential

*I hadn't looked
at it that way.*

*Why did you react
like that?*

*How can we
resolve conflict?*

*I love that
about you.*

*How can we
communicate
better?*




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.



“Since using Team Dynamics I find I understand my team in ways I never knew were possible. It has fundamentally changed the way we work together”

-Previous Participant

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

“Because everyone
deserves to do a job they
enjoy and to be properly
understood by their
leaders and managers”

Dr Jared Skey
Cognisess CGO



Running Order

Complete online in advance



All team members to complete a 40min online psychological survey.

9.30am



Arrive -coffee/refreshments provided

10am



Team Psychology Workshop

10:20am



Big Dilemma activity

11:30am



Refreshment break

12am



Decision Time activity

1pm



Lunch
(Cold buffet provided)

2pm



Coffee/Tea
Informal self-discovery session with tips for beyond the day and demonstration of Yondur –your free take home app.

2:30pm



Team dynamics feedback session–where our psychologist will guide you through your teams' unique psychological make up.

4pm



Drinks/refreshments provided –final informal discussion and opportunities to ask questions

5pm-Late



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





Team Dynamics

Get in touch

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