

## Building Collaborative Relationships

Half-day workshop 9:00am – 1:00pm



### What's it about?

Positive connections can make a critical difference to work life, in terms of reward and engagement. Research shows that the more positive connections you make, the more you are able to adapt and respond effectively to challenging situations.

This workshop is designed to equip you with the tools to build positive and collaborative relationships, connect with others and strengthen natural resilience. Each tool is based on positive psychology and neuroscience, delivered in a fun, interactive and practical way so you can apply your learning right away.

### Benefits:

- Discover how social connections affect your brain and performance at work.
- Build positive relationships that benefit your team and the organisation ... and your life!
- Gain skills to communicate positively with people and strengthen individual and team resilience.
- Become a positive influencer and make a powerful impact on team culture and engagement.

### This interactive workshop will explore:

- Tools you need to build positive relationships.
- How to connect with others and strengthen your natural resilience.
- Increase your levels of self-awareness.
- Teach you to make constructive and empowering choices for dealing with challenging workplace situations.
- Understand why we sometimes get it wrong, and how to get it right.