

Essential  
for School  
Teams

STRATEGIC TEAM BUILDING

# Building on our Strengths™



●	<b>HALF DAY/ FULL DAY</b>
●	<b>LEADERS &amp; TEAMS CONFERENCE</b>
●	<b>POSITIVE CULTURE, BUILD COLLABORATION AND TRUST</b>

## Overview:

Under what conditions do teams flourish? The field of applied positive psychology and wellbeing provides scientifically validated guidance to support teams to reach peak performance. We unpack strengths individually and collectively and build on five key domains that underpin a high-performing team. (PERMA) This is an opportunity to build a compelling and accessible vision of a positive culture. Participants collectively build a team agreement with defined acceptable and unacceptable behaviours for collective and individual flourishing.

## Workshop Objectives:

### 1. Identify and Cultivate Individual Strengths:

- Participants will undergo a strengths assessment to identify their unique capabilities.
- Learn strategies to cultivate and leverage individual strengths for personal and team success.

### 2. PERMA Framework Integration:

- Understand the PERMA framework (Positive Emotions, Engagement, Relationships, Meaning, and Accomplishments) and its impact on team dynamics.
- Explore practical applications of PERMA in the workplace to enhance overall team satisfaction and productivity.

### 3. Building a Positive Team Culture:

- Collaboratively define the elements of a positive team culture.
- Engage in exercises and discussions to foster a shared vision and commitment to a positive work environment.

### 4. Creating a Team Agreement:

- Facilitate the development of a team agreement outlining acceptable and unacceptable behaviours for both collective and individual flourishing.
- Establish a foundation for open communication, trust, and collaboration within the team.

### 5. Implementing Positive Practices:

- Explore evidence-based positive psychology interventions applicable to the workplace.
- Develop an action plan for integrating positive practices into daily work routines to sustain a flourishing team culture.

This one-day workshop is designed to empower teams by tapping into their strengths, fostering positive interactions, and creating a shared commitment to a culture of well-being. Through interactive sessions and practical exercises, participants will gain valuable insights and tools to enhance both individual and collective performance, contributing to a thriving and resilient team.

“ Jane covered various topics, including strengths, building mental toughness and tools to support agile thinking. It was so beneficial to build authentic connections within our team. I am fuelled with new knowledge, a deeper awareness and a passion to continue our important work to support our students to thrive. ”

**Vanessa Noonan Director Learning and Innovation  
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