



# TEAMWORK WITH PURPOSE™

## PROGRAM OVERVIEW

The **Teamwork With Purpose™** program is an experiential customized learning experience designed to help build high-performing, engaging and diverse teams, create a positive and inclusive work environment, and treat teammates equitably and respectfully.

In today's increasingly remote and diverse environment, employees must learn how to collaborate and build trust in a new way. This program will give them the science-based knowledge, learning support, and framework they need. This program is designed with a purpose-driven approach and brain-friendly methodology to help each team member improve at their own pace under a biopsychosocial, strengths-based, and inclusive framework.

## TARGET AUDIENCE

The **Teamwork With Purpose™** program is designed for any team looking to improve collaboration and engagement among members from different cultural backgrounds, life stages, disciplines, etc.

## LEARNING OUTCOMES

At the end of this program, participants will be able to:

- Collaborate effectively by learning to communicate and build trust, while maintaining a positive and inclusive team culture.
- Manage their collective diverse skills-set, to produce individual valuable contributions to the collective goals, resolving conflict in a positive and inclusive environment.
- Align their own personal purpose at work, increasing their engagement by tapping into new emotional energies; enabling them to inspire others with the same purpose-driven approach.
- Recognize their own emotional styles in different situations, adopt new strategies to regulate their response, and improve their relationships at work.
- Understand the everyday behaviours that affect their brain health and build new habits to improve their physical and mental well-being.
- Develop a comprehensive evaluation criteria that can help them track their progress.

## OUR METHODOLOGY

Our diverse team of experts use scientific research, proven techniques, and the latest evidence-based trends to build our programs with three unique features:

- **Purpose-driven approach:** We help participants create an emotional connection at work, discovering new sources of engagement and productivity.
- **Brain-friendly methods:** Our methodology is science-based; we design our programs based on the latest discoveries from Neuroscience on how we learn and get motivated.
- **Diverse and inclusive framework:** We help participants learn how to face the challenges of working in a diverse environment, while fostering a positive and inclusive workplace culture.

# LEARNING EXPERIENCE

The **Teamwork With Purpose™** program includes a 2-day group (4-12 participants) learning session followed by weekly individual sessions (8-12) to support participants in their own self discovery and skill development process. We conduct these sessions in a low-technology and non-judgmental, safe space to promote content assimilation, skill building, and introspection.

## GROUP LEARNING SESSIONS

### DAY 1 CORE CURRICULUM

During the first day of the group session we will review our core curriculum:

- **PURPOSE ALIGNMENT.** In this section, participants will understand the relevance and process to engage emotionally at work.
- **EMOTIONAL STYLES.** We help participants become more aware of their different emotional styles.
- **WELLNESS AREAS.** We help participants understand the importance, and learn simple ways of keeping their brain health.

### DAY 2 TEAMWORK SKILLS CURRICULUM

During the second day of the group session participants will learn specific teamwork tools:

- **TEAM ENGAGEMENT.** Collaborate with each other in a positive way understanding our diverse motivators and allowing everyone to be the team member their team needs them to be.
- **TEAM PRODUCTIVITY.** Set common goals, manage shared performance, and improve collective productivity, while fostering a positive and inclusive workplace culture.
- **CONFLICT MANAGEMENT.** Address the expected conflict that comes from working in diverse teams in a constructive and positive way, to serve as a collective learning and culture shaping opportunity.

## INDIVIDUAL LEARNING SESSIONS

These sessions are personalized one-hour weekly phone calls designed to support each participant in their own unique journey. These are self-discovery coaching sessions that foster the right environment to face the challenges of habit formation through individual learning curves.

## OTHER BENEFITS

- We are a certified minority-owned business by the Canadian Gay and Lesbian Chamber of Commerce.
- As a Vendor of Record for Learning and Training Services, this program is aligned with the OPS HR vision to foster a high performing public service that attracts and retains the best employees.
- Our coaches and consultants are certified by the International Coaching Federation.

To book an appointment or to learn about our different programs:

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