



## Reforming & Performing as a Team, Post Pandemic

**Reforming & Performing as a Team Post Pandemic** is a program aimed at facilitating the important conversations within teams about how team members have fared through the pandemic, what lessons they have learnt, and what they'd like to leave behind them or take forward to optimize team performance.

### How do I know my team should attend this workshop?

1. Have you wondered how to have the all-important conversation with your team about how they are faring, as restrictions ease and they come out of lockdown?
2. Do you need help to put issues such as mental health on the agenda and to normalize such conversations?
3. Would you like to participate in a facilitated 'lessons learnt' exercise, around teamwork, to make sure that everyone's voice and opinions are heard?
4. Would you like your team to leverage your collective experiences in order to move forward in a stronger way?
5. Do you want to have frameworks and tools up your sleeve for navigating the 'new normal'?

If you answer yes to most of these five questions, then this workshop is for you.

### What will I and my team do?

You will:

- Have your team members complete an iPPQ (Happiness at Work) survey prior to the session. They will each receive their confidential individual report. An aggregated team report will be generated too, to pinpoint needed conversations.
- Hold structured coaching conversations in threes, to understand how people are doing. Themes from these conversations will be shared with the whole team.
- Review your team's purpose, vision and values to determine whether they still hold true or whether they need to be adapted to new times
- Work out how to optimize teamwork from here on
- Rekindle camaraderie and cocreate an inspired vision of your future as a team

### What are the outcomes?

By the end of this workshop you will:

- Feel connected, refreshed and inspired
- Have increased confidence to engage in conversations around mental health, wellbeing and happiness
- Have a concrete plan of action for your team going forward



## How do I prepare?

- Have everyone complete the online iPPQ, which takes about 15 minutes
- Ask people to reflect on what they'd like to get out of the day's workshop

## Who is iOpener?

We make leadership, learning and life better.