

Senior Team Energiser Sessions



Are you part of a senior team that is stressed, worn out and in need of some refreshing, energising and motivating?

Over the last year we've seen a big increase in the number of senior teams that are feeling and showing the strain placed on them by the recession and all the worries it brings with it. Making people redundant, losing colleagues, longer hours and the burden of still achieving the targets.

All this and you still need to inspire and engage others to go that extra mile and deliver on their goals.

So why are we doing this type of event?

I was working with a board team earlier this year who looked and felt battered and bruised from the struggles they were wrestling with. You could see the worry lines imprinted on their faces, shoulders sagging from carry the heavy load and you could sense the unhappiness among them.

So it was no surprise that their performance in our activities was lack lustre, ordinary at best and not really the sort of performance you'd expect from a high performing senior team. My aim was to help them understand the impact their state of mind and resulting behaviour had on the tens of thousands of staff they employed. In the end I had them imagining that they were surrounded by all of their staff in the business, watching them carry out an exercise. By changing the way they were looking at things their attitude, behaviour changed and performance improved considerably. What's more they looked like they had enjoyed the experience.

The result was a board who returned to the business feeling rejuvenated, more positive and with a much greater sense of energy and capability, hence the value of this type of event.

Event Overview

First we deal with the baggage. We understand where you're at physically and emotionally. We identify some of the underlying causes of your current stress and the routes for dealing with it.

We then undertake some experiential activity to see how you perform as a team, which we'll then review to identify the pinch points and strengths.

We will use Emotional Intelligence to explore more about where some of the stress and difficulties come from for individuals and how as a team you can support each other to be more effective. Then we take the knowledge and learning and put it into practice with more activity.

Our final goal is to help you better align how you feel on the inside with how you are perceived on the outside.

How can you find out more?

If you give us a call we can provide more detail on the running and costing of the event. Alternatively we know your busy so if you'd prefer, we can meet with you at your office to talk through the programme in more detail.

Tel: 01283 535562 | Mob: 07808 765066 | e-mail: info@spiritconsulting.co.uk