



CREATING A SUSTAINABLE CULTURE OF RESILIENCE AND GROWTH

Tools from the world of elite sports to optimize team efficiency through individuals

CONCEPT

Help teams implement a culture of efficiency and performance by empowering personal strengths in a collaborative manner through concrete tools fostering symbiotic relationships of teams and individuals.

Experience at first hand (and we really mean experience!) how a culture inspired directly by elite sports can be created. A culture that allows you to apply your entire personality to your work. A culture that taps into our emotions and energy, allowing us to support as well as challenge one another and keep on growing. But a culture can only become distinctive when it's fully implemented. So, in this workshop, you'll learn how to lay the foundations to plan and initiate changes that are sustainable, methodical and tangible.

METHOD

Be the change you want to see around you. The workshop is a dynamic, interactive mix of experiences and exercises as well as personal and inspiring group reflections. The aim is to equip you with tools, ideas and methods that will foster real changes in your life and your working environment. Practice requires some sweat – the session will integrate physical aspects and use boxing as a means of experimentation.

TEAM

It will be led by multiple world champion kick-boxer, Greg Wootton, and European champion Thai boxer, Shane O'Neill, in collaboration with PwC's Director in Business Process Excellence, Michka Guerrier.

PREP

No sports background is required.
The workshop participants are aged between 20 and 60 with widely varying physical exercise habits.

OUTCOME

What will change in your day-to-day life after attending this workshop?

- You'll increase your impact on team and company work culture
- You'll feel energised and empowered by bringing your full personality to your working environment
- Self-reflection, supported by effective tools and methods, will allow you to grow more decisively and purposefully
- You'll have an accountability framework for the changes you are aiming for on a personal as well as a company level
- You'll gain practice-oriented insights into high-performing team cultures

INFO



LENGTH

2 versions:
Full day or half day



LOCATION

On site



FEES

Tailored



STARTS ON

Tailored

BE AN ATHLETE AT A DESK,
NOT A DESK ATHLETE.



For more information:
contact@highrealities.com