

Caring for Teams and Boards returning to the workplace post
Covid-19 - Half and 1 day workshops

Back To Work Series: Recognising Trauma and Building Resilient Teams

1 day workshop

TIPS AND PRACTICAL ACTIONS ON:

- How trauma and upset may show up for your team, clients and the public as lockdown eases.
- Why the brain reacts and how to regulate
- Resilience - what it is and how to build it
- Building confidence around "difficult" conversations
- Reconnecting teams and building sustainable practices

FOR A CHAT ABOUT HOW WE CAN
TAILOR WORKSHOPS TO YOUR
ORGANISATION PLEASE CONTACT US ON
07749 657 665 | ALI@MADETOLAST.CO
WWW.MADETOLAST.CO

FROM £600-£1500



FOR TEAMS TO

- Recognise our feelings about going back to work and being out in public again.
- Learn new skills and find out how our bodies and brains work under stress and trauma
- Work together to build caring, practical, actions to benefit our people and the organisation

Who will these workshops help?

- Teams arriving back in the office
- Teams increasing face to face time with the public
- Boards grappling with the new implications of lockdown easing for staff, supply chains and publics
- Those wanting skills to address the complex societal shifts eg diversity, gender, environment which have come to the fore over the past year.



Back to Work series:

Recognising Trauma and Building Resilient Teams - 1 day
Sharing What Happened - What We Do Now 1 day
Broaching 'Difficult' Conversations - 0.5 day
How to talk about societal issues with teams - 0.5/1 day