



TEAMBUILDING EMOTIONAL RESILIENCE PLAY-CIRCLE

An interactive, playful 2-hour/full day Circling Workshop to build emotional resilience in powerful teams



CIRCLE WORKSHOP OVERVIEW

Emotional Intelligence & Resilience in action

A customised workshop for your team to better manage organisational challenges, build emotional resilience and team cohesion.

Emotional Intelligence is not the opposite of intelligence, it is not the triumph of emotions over the rational - it is the unique intersection of both, knowing that our emotional brain circuits will override the rational, when not managed properly! **Emotional Resilience** is not about how much you endure but how much you recharge, which is a much more efficient strategy before emotional first-aid requiring more effort is required to get back on track rationally.

We will therefore playfully explore both **Emotional Resilience Recharge Tools** as well as **Emotional First-Aid**.

This workshop will help teams to:

- Foster a collaborative approach to leadership, teamwork and communication in your company or team
- Learn how to manage the 3 main brain states for better productivity & resilience
- Think on their feet, be more dynamic, increase the ability to access creative solutions and manage unexpected moments and organisational challenges
- Use play to develop and refine communication skills and form strong connections in the workplace
- Engage and enliven employees and create inspiring, connected company cultures
- Cultivate creativity and innovative thinking to improve your bottom line
- Have the opportunity to reflect and connect better as a team, despite organisational challenges

CIRCLING - AN ACCELERATOR OF EMOTIONAL INTELLIGENCE

Engaging playfully in non-ordinary ways as a team in the safe setting of a Circle, participants are inspired to access the humane intelligence of the team. In the rushed, multi-tasking, distracted environment of modern business, circle-based meetings offer a chance to sit and slow down in a space designed for communication and focus.

Personal Development Circles are the best way to encourage sharing and are a growing trend in the business community because beyond organisational hierarchy, these types of meetings give all participants a chance to be seen and heard, for each to share their perspective and hear from others. Research shows:

- 85 percent of people who have participated in a circle-shaped meeting say it's had a positive impact in their lives inviting members to physically be there for each other, more so than a traditional arrangement.
- Circles encourage trust, integration, inter-connectedness, collaboration and connection rather than division, bringing teams together and encouraging future success, even outside the realm of the circle.
- Circles create safe spaces for feedback and development, quickly getting to the 'meat' of what really matters. Participants are more likely to 'go there' during this type of meeting.
- Circling works soft skills and sensitivities that make the difference when it comes to your teams' goals and deepest aspirations.
- Circles expand participants' perspective. The conversations that arise in these settings tend to be more honest and open with truths emerging that can usually be applied to a larger arena, benefiting your workplace
- Circles help employees feel seen and heard putting colleagues one giant step closer to understanding and recognizing each other.
- Circles address conflict in healthy and productive ways and can start the process of synthesis of seemingly-unresolvable opposing positions by revealing dynamic links and possibilities of how polarities can co-exist together.

WORKSHOP SUMMARY

Here's an overview of what the workshop includes:



2-hour workshop:

An interactive circle workshop that blends teaching, discussion & sharing, play, movement and hands-on practise of emotional resilience tools.



Group Interaction:

As workshop guide, I will facilitate plenty of opportunities for group interaction and reflection, encouraging stepping out of the comfort zone with humor and gaining access to your team's innate humane intelligence.



Emotional resilience tools:

Participants will be encouraged to learn to identify their different brain states, how to shift towards more ease and efficiency (emotional firstaid) and how to prevent burnout by regular recharging.



Dimensions of wellbeing addressed:

- Mental health - stress and anxiety management
- Resilience training
- Team relationships
- Personal development & growth



Research shows that play can have enormous benefits for physical, emotional and social wellbeing driving business growth, improved customer satisfaction which in turn boost your bottom line.

ABOUT YOUR FACILITATOR, MARISE HYMAN

Originally from South Africa, resident in Luxembourg since 2009, Marise Hyman has a unique blend of experience and skills that will benefit your team.

Drawing upon her deep, first-hand experience of stress/wellbeing/burnout in the corporate, especially finance setting, Marise is able to understand the challenges and pressures teams face in the workplace, especially working expat parents:

- Trauma-informed Therapeutic Coaching - Specialising in Emotional Resilience, Headtrash Clearance, Early Life (CPTSD) & Complex Trauma - the major hidden cause of stress & burnout.
- Marise have been hosting personal development/trauma/parenting trainings since 2013 until current (in-person & online globally and in Luxembourg)
- Marise has Strong Leadership & Management skills demonstrated in several domains:
 - Global Finance/Auditing 16 years experience until 2013, including Big4:
 - Senior associate, then Audit Investment Funds Manager PwC Luxembourg 2009-2013
 - Senior Associate Audit of Hedge Funds - PwC Cayman Islands 2006-2008
 - Audit Traineeship then promoted to Parter - small-medium audit firm in South Africa 2005
- Founded an NGO serving Luxembourg parent community, advocating for Mental Health, Eco-friendly parenting and Human Rights in Childbirth (2014 - 2020).
- Career change and own business startup since 2013: Trauma-informed Therapeutic Coaching, Consulting & Doula (career change at 2014 until current)

Cost:

2h Intro Workshop - €350 incl travel in Luxembourg

Full Day (6h) Workshop - €950

Interested? Contact Marise at workwithmarise@gmail.com



Marise Hyman

Self-Empowerment Coaching & Training
marisehyman.com/workplacewellbeing