360

Turbulence?

You've got this!

Reflect

Revive

Rewire

Reconnect

Equip your team with 360's **Reset Toolkit** to help them revive and thrive in turbulent times

360

Your Reset Toolkit for 2021

Are you finding that resilience tanks are running low? Is it becoming a struggle to keep your people connected, focused and energised?

In response to what we are hearing we have developed the **Reset Toolkit**, a two hour virtual workshop designed to give your team the boost they need.

In this practical and highly interactive session we explore the powerful combination of mindsets and skills that will re-energise your team, setting them up to handle ongoing disruption, challenges and change.

What is it?

A two hour virtual workshop hosted online. The session covers the 4 key behaviours we believe will reinforce cultural cohesion, and underpin positive, inclusive and collaborative working relationships.

Who is it for?

All employees at all levels across your organisation. It's just as likely that a senior leader will be facing the same challenges as an intern or apprentice. Up to a maximum of 20 delegates per workshop.

1. Reflect
Building awareness of your Behavioural Wake

> *I leave behind an impression every time I connect with others and I need to manage any behaviours that could have a negative impact."*

- > How to build self-awareness through reflective questioning
- > How to build self-awareness through feedback
- > Setting behavioural goals to improve your wake
- > How to create a behavioural wake that is inclusive, respectful and collaborative

2. Revive
Building personal wellbeing and resilience

> *I recognise that when my resilience tank is low, I will need to take positive and proactive steps to keep it topped up."*

- > The role for the locus of control, how to influence those things that need to change
- > How to look for insights and lessons learned, reframe the situation, manage negative self-talk and find perspective
- > How to use collaborative assertion to tackle the challenges caused by others

3. Rewire
Building your online communication skills

> *I accept the challenges that virtual communications can bring and I want to improve my impact in this space."*

- > How to dial up your presence and your social obligations in the virtual world
- > How to generate social and professional rapport every time you communicate
- > How to encourage interaction, mining for support, agreement and disagreement

4. Reconnect
Building collaborative and creative working relationships

> *I want to play my part in building an inclusive culture where everyone is confident sharing their insights, their experiences and concerns."*

- > How to develop collaborative and creative relationships
- > How to build peer mentoring and coaching into everyday conversations
- > How to establish psychologically safe working relationships
- > How to give and receive feedback

Ready? Let's get started today...

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