

Better Together

STRENGTHENING TEAM CONNECTIONS FOR SUSTAINABLE SUCCESS.

In today's flexible work environments, team connection and collaboration are essential yet often challenging. This half-day workshop helps teams develop stronger connections, balance work and well-being, and set a foundation for supporting individual and team success.

What is Better Together?

Led by Niamh Moynihan, this workshop emphasises the importance of team dynamics and well-being, offering practical tools to improve how people work together.

Work-Life Balance Insights:	Identifying individual balance styles and understanding how they affect overall well-being.
The Power of Rest:	Exploring the role of breaks in productivity and learning to integrate them into the workday.
Connection & Collaboration:	Developing deeper connections with team members, appreciating diverse working styles, and building a culture of support.
Outcome-Oriented Planning:	Techniques for weekly planning, effective delegation, and setting realistic goals as a team.

HIGHLIGHTS

This engaging workshop features group discussions, hands-on exercises, and time for personal reflection.

Each segment is designed to help participants build a more balanced and collaborative approach to their workday, with strategies they can apply immediately.

HOW IT WORKS

- Needs Assessment to address team specific challenges.
- Interactive and engaging workshop.
- Digital resource pack

Benefits of Better Together

- Participants build trust, respect, and understanding for each other's work styles.
- Practical tools for balancing work and well-being, reducing stress, and healthy work-life integration.
- Actionable strategies that participants can continue to use to maintain connection and productivity.

Equip your team with the insights and tools they need to work more effectively together, creating a balanced and supportive workday that benefits both individual well-being and team success.

For more information, email niamh@abetterworkday.com

