

Transforming Team Communication

For your team

5-30 participants, depending on format. Onsite or virtual. Onsite sessions can take place at your premises or a venue. Both formats use interactive exercises, behavioural science and game-based learning to support engagement and application.

What you will work on

- 1. Foundations of a high-performing team.** Build communication and relationships as foundations for trust, shared priorities and reliable action.
- 2. Your Leadership Voice.** Understand your contribution, how others experience you and how to make room for different voices.
- 3. Defence Systems.** Recognise defensive reactions that damage trust and practise a more constructive response.
- 4. The Communication Code.** Make clear what a conversation needs and practise responses that support understanding.
- 5. 5 Gears: sustainable high performance.** Understand your habits and when to focus, connect and recharge. Explore the pressures that can contribute to burnout; agree practical habits and team expectations that make space for recovery.

Communication and relationships underpin alignment and execution. Capacity combines developing people and sharing expertise with sustainable workloads and healthy rhythms; 5 Gears supports focus, connection and recovery. Interactive throughout, with individual insight and concrete actions to apply immediately.

Preparation and follow-through

A sponsor conversation and team pulse focus the work. A practical action plan names owners and practical success measures; a sponsor check-in reviews application.

Delivery and booking

We select specialists for client and content fit, and availability. After discussing your team and challenge, we agree the focus, delivery team, timing and fee in your proposal.

Tell us about your team, the challenge and your preferred dates. A finished brief is not required.