

Self unLimited for Teams Series

Team (and individual) skills for being high-functioning, working apart in shifting circumstances



Professional Enrichment Plan

How to explore and plan fresh ways to grow and enrich self in a team context to uplift self and team.

eLearning micro course + 45-min team activity; or 60-min team activity



Self-care Practices

How to get clarity on the attention to give to well-being at work, and to articulate personal plans to follow.

eLearning micro course + 45-min team activity; or 60-min team activity



User Guide to Self

How to get clarity on the conditions and understanding that brings out the best of a person in a team context.

60-min team activity



Activity-Time Budget

How to best use the precious, finite resource of time wisely in activities that are most valuable for your work and desired outcomes.

60-min team activity



Team Enrichment Series

Team skills for high-functioning connectedness in making new paths in unknown territory



Hope-Trust-Compassion-Stability

How to use four human-centric lenses to check-in on the team's condition, and shape better team experiences.

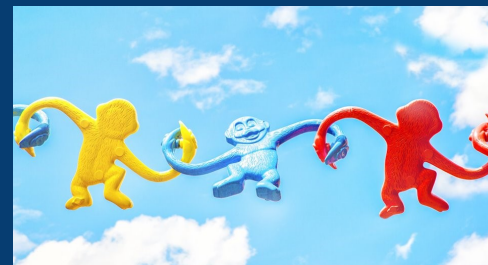
60-min team activity



Value at Work

How to identify and be intentional about value to contribute to and gain from your work for self, team and those you serve.

90-min team session



Calibrating for Collaboration

How to be intentional in setting the foundations for true collaboration, and operating nimbly like a creative ensemble that delivers.

90-min team session

Online Classes for your Team

Book an exploratory chat today! Let's talk about how together we can uplift your team in skill and good energy while working remotely.

Contact **Helen** on 0416-246-816 or helen@questo.com.au



www.questo.com.au/learning/online-sessions-for-teams