



C-me Foundation Workshop: Example

Date: 2nd July 2024

Location: xxx

Duration: 09:30 – 12:30

Objectives:

- Empower the team to communicate more effectively with one another and value their differences.
- To build resilience and help a global and pressurised team increase their ability to work quickly together.
- Creating a more cohesive team will enable better patient care.
- To experience a workshop which is fun, creates lasting impact and is practical.
- Help equip individuals to take responsibility for tasks and accountability.

Principles of workshop design:

- We will ensure that the workshops are highly practical and engaging for all.
- We will provide knowledge to delegates yet drive to increase everyone's self-awareness and understanding.
- Time will be given to ensure all can practice what they have learnt to achieve the greatest impact.
- To accommodate for a diversity of learning skills and personalities, time will be allocated for self-reflection, team, and group activities.

Agenda:

1. **09:30 – 09:35 Introduction, aims and objectives for the workshop**
2. **09:35 – 10:00 C-me Card Game:**
 - a. **Outcome:** This highly engaging exercise will see all delegates interacting with one another, learning about the 4 different behaviors, associating them with the C-me colours and starting the journey of self-awareness whilst being able to recognise the difference between themselves and their teammates.
3. **10:00–10:20 Good day/ bad day & Tackling a challenge in colour:**
 - a. **Outcome:** Delegates will come away with a great awareness of qualities, trigger points and spectrum of behaviours allowing for the foundation of great awareness of the qualities of others.
 - b. **Outcome:** Following this, all delegates will start to recognise the strengths and diversity of behaviours and how we all approach tasks in different ways leading to higher performing teams.
4. **10:20 – 10:30 Leadership and Management from different colours:**
 - a. **Outcome:** We are all leaders and managers in some shape and form. During this exercise it will be highlighted that each of the C-me colours brings a different perspective on influencing people, motivation and styles.
5. **10:30 – 10:45 History and C-me report reveal:**
 - a. **Outcome:** Each delegate will receive the PDF version of their profile. Independently, they will be tasked to reflect on certain aspects of their report to begin their self-awareness journey.
6. **10:45 – 11:15 BREAK & Recap**
7. **11:15- 11:45 Influence in styles:**
 - a. **Outcome:** Delegates will learn how communication styles may vary through different preferences. During this activity delegates will have the opportunity to practice multiple communications in different styles to influence others.
8. **11:45 – 12:30 Maximising strengths and identifying value to the team:**
 - a. **Outcome:** The team will be provided with their collective behavior, team dynamics, resulting in valuable information arising on how to increase performance and communicate effectively.