



Thriving Teams programme

The Relationology Thriving Teams programme helps you support the wellbeing and performance of your team in the new normal.

The Challenge

The global pandemic has changed the way we live and work. The changes that have impacted our businesses, teams and clients are not going away in a hurry. Social distancing, working from home and digital acceleration have become part of our new way of life. These changes have put huge pressure on our teams and the human instinct is to get our head down and work harder but this can be damaging to wellbeing and business performance.

The Opportunity

Teams that thrive learn to adapt fully to, innovate in the new environment and grasp the wellbeing and business opportunities it offers. The Thriving Teams programme is designed to help your team to thrive rather than survive and is delivered through three integrated phases:

Phase 1: Thrive Launch Event

Bringing your team together online for a high-impact Thrive Launch Event (around 90 minutes). The purpose is to: a) Explore how the team can thrive rather than survive and b) Launch fortnightly Thrive Groups to provide essential ongoing support. The event programme will include a combination of inspirational input, group discussion and initial goal setting.

Phase 2: Thrive Groups

Organising your team to meet online in Thrive Groups of 5-6 people on a fortnightly basis (around 60 minutes). The groups objective is to provide mutual support and accountability in working towards wellbeing and business goals. In order to strengthen the success of the Thrive Groups Relationology will coach your appointed group facilitators.

Phase 3: Thrive Review Event

Hosting your team for an online Thrive Review Event (around 75 minutes). The purpose is to: a) Celebrate people's wellbeing and business goals, b) Capture team learning and relearning, and c) Provide ongoing momentum for thriving rather than surviving as a team.

The Facilitator

The Thriving Teams programme is facilitated by Matt Bird the CEO of Relationology International which helps teams build profitable relationships. He has extensive experience working with global organisations across the private, public and non-profit sectors including PwC International, US Federal Reserve Bank, British Home Office, Chamber of Commerce and Cinnamon Networks.