



Turn Your Team Upside-down!

Energizing Vitality: A Breath & Stretch at a Time

Take a stand-on your hands! Well, maybe more figuratively than literally. See a new view. Explore communication and understanding. Peel back the layers of your team. Learn leading and following patterns to create new ones. Cohesive teams that challenge each other offer different perspectives, know each other's strengths and communicate effectively are a manager's dream team! Do cohesive teams really provide that much benefit to an organization? Absolutely! Cohesive teams provide a supportive environment that people want to work in daily. They provide an environment where creativity can flourish and innovation becomes a standard.



"Wendy provides great individual attention in a group class setting."

Objectives for this workshop:

- Identify how different team members lead, follow and pace work.
- Build strong communication with one another.
- Learn to view the world from different perspectives.
- Learn to maximize strengths of team members.
- Identify the fun in the group and laugh together.
- Set expectations and goals for self and team.
- Learn to build strength and relax together.
- The team will improve skills in communicating with each other.

6- hour workshop:

Identify how individuals manage a project as a leader and a follower. Communication will soar as participants have fun learning new things together with laughter and support from teammates. Teams set goals and expectations for an agreed time period and leave with direction for goal success.

wendy@ompranayoga.com

P.O. Box 180236, Dallas, Texas 75218

214/280-8425

www.ompranayoga.com