

# Bite-size learning workshops

**Need a boost in your team meetings? Want to offer lunchtime learning? These short workshops are lively, colourful and interactive and are designed to offer bite-sized learning to increase morale, motivation and wellbeing.**

We run participative, enjoyable 1-2 hour workshops on **People Skills**, **Creativity**, **Wellbeing** and **Team Development**. Here are some examples of our workshops. If you can't see what you're looking for here, do give us a call and we can design something specifically to meet your needs.

Call us on **01749 687357** or email [info@salt-box.co.uk](mailto:info@salt-box.co.uk) for more information



## The Nature of Behaviour

In this workshop you'll complete a brief Tetramap profile which will help you understand your own behaviour and communication styles as well as that of others. We'll then use this knowledge to explore how to improve communication and relationships with others, and how to work more productively and collaboratively to achieve greater success.

Tetramap is a simple but powerful tool which uses nature as a metaphor to help people understand themselves and others, open minds and release potential, it is 3 dimensional, participative and fun, and may even change your life!

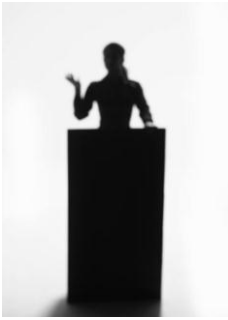


## Building successful relationships

Learn how to build great relationships, both inside and outside the workplace, so that you communicate better and work more collaboratively with others.

In this workshop you'll explore your own communication and interpersonal style and how these are seen by other people, and learn a set of valuable techniques to help build great working relationships including:

- Understanding the verbal and non-verbal communication
- Using active listening skills
- Understanding others
- Creating rapport



## Stand and Deliver with confidence

Research suggests that most people fear speaking in front of a group more than they fear death itself! This workshop will help to reduce that fear and leave you feeling more confident and comfortable with the idea of having to stand up and deliver a presentation to others.

You will learn and try out some key skills for delivering confident presentations including managing nerves, making the most of your voice, using non-verbal communication, and developing your personal style.

A safe, supportive space will be created so that you feel comfortable and relaxed in practicing these skills within the group.



## Get your Creative Juices Flowing

Using creative thinking techniques can help you to....

- Develop a new lease of life by seeing things differently
- Find imaginative solutions to old problems
- Spot opportunities that you might otherwise miss

History's greatest thinkers, from Leonardo Da Vinci to Walt Disney, and from Thomas Edison to Charles Darwin, all used strategies which enabled them to generate new and brilliant ideas and solutions by thinking differently.

This workshop shows how creative thinking can benefit individuals, teams and organisations and you will learn easy to use, practical creative thinking techniques to help change the way you look at and think about issues for problem-solving, decision-making and idea-generating. They are simple, non-threatening and enjoyable, so be prepared to have fun and to be inspired!



## Sculpt-it!

Looking for a new and engaging way to develop your vision and values or mission statement? Want to make sure every has a chance to really contribute? Want to have loads of fun and promote your company's commitment to sustainability and the environment?

We can facilitate your team to design and build an amazing sculpture made of recycled materials, which represents your company and its beliefs, ethos and values. And when it comes to creating your sculpture, size really doesn't matter. It's your vision – we just help you to create it.



## Inspiration Sessions

Are you, your team, or your company going round and round in circles trying to resolve issues? Unable to see the wood for the trees? Keen to find new ways of looking at problems? Ready to be more creative and innovative in future?

If so, our Inspiration Sessions are perfect. We'll help you to solve problems and gain inspiration, either by working on a particular problem which you want to solve, or by taking a more general approach, looking at how you can improve what you do. The session may include walking, relaxation, model or collage-making, and exploring the natural world, and you're guaranteed to go away with new ideas, insights and inspiration.



## Don't Let your Computer Kill You!

Spending prolonged periods of time working at a computer has a negative effect on the body and mind. This workshop will raise your awareness of the damage which can be caused and teaches you a range of techniques and ideas to combat this.

During this highly interactive session, you'll find out about the different ways in which computer use affects your body and mind, and how you can maintain a healthy balance. This involves using specific techniques such as stretches, self-massage techniques and visual exercises, tips on reducing the harmful effects of a computer's electro-magnetic field, and advice on minimising the stress associated with emails and computer-based communication.

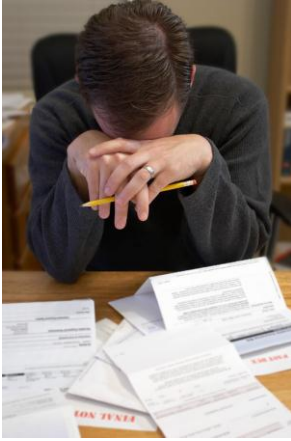
## Skills for Relaxation



During this workshop, participants will practice a range of techniques which will help them to relax, calm their mind and improve their concentration, as well as increasing circulation and improving flexibility, co-ordination and posture. These techniques will include breathing exercises, stretches, and flowing movements based on Tai chi, Qigong and yoga.

Participants will learn how to incorporate these techniques into their day-to-day work to combat the stresses and strains of the workplace, and how they will benefit from them outside of work.

Support and guidance will be offered to help people gain the maximum personal benefit from the techniques, and exercises will be suitable for those of any fitness level.



## Understanding Stress

This workshop will help you to identify and understand the causes and effects of stress and how to manage it appropriately.

You will look at what stress means, what causes it, and its impact (both positive and negative), how to recognise the symptoms of stress, and consider strategies to reduce or manage it. You will also learn a number of simple relaxation techniques which you can use in the workplace for immediate stress relief.



## Singing for joy and wellbeing

Singing in a group is joyous, uplifting and powerful. It creates a sense of collective enjoyment and shared purpose, breaks down barriers, increases our sense of community, belonging and shared experience, and creates a strong team spirit as well as generating a fabulous sound.

Singing also has proven physical and psychological benefits which improve your sense of wellbeing and make you live longer. However most of us sing in the car/loo/shower, but are terrified of singing in front of others, so we miss out on the amazingly life-affirming, unifying and positive experience which singing with others provides.

This workshop will help you overcome your fears and experience the sheer joy of singing together. We'll sing chants and simple songs from around the world in a group and no-one will have to sing on their own. Everyone is guaranteed to relax, have fun, and feel great afterwards!!



## Simple Massage for yourself and others

This workshop will teach you simple massage techniques which you can use on yourself and others to reduce stress and improve teamwork. A warm and supportive environment will be created and all massage techniques will be conducted with participants remaining fully clothed throughout.

You'll learn a range of self-massage techniques which can be used to ease tension, remove aches, pains and stiffness, or to increase energy levels and feel revitalised, and a set of "self-help" acupressure points on the body to address specific issues. You'll also learn some basic shoulder massage techniques and a hand massage routine which you can perform on others, generating a sense of mutual support, shared wellbeing, and strong team bonds.