



## **Inventure** Sharpen Your Soft Skills

## **Objective:**

To give your team fun, engaging opportunities to learn more about themselves and each other. Encourage and equip your team to bring a positive, solution focused attitude with a sense of purpose into your workplace.

## 2 Hours In House

<b>Learning</b> 40 min	<b>1.</b> Developing a positive perspective to become the high performer. <b>2.</b> Learning how to engage effectively and go the extra mile for yourself and others around you.
<b>Doing</b> 20 min	Activities requiring critical thinking, team work and cooperation.
<b>Learning</b> 40 min	1. Understanding the dynamics of your energy. 2. Learning how to build your enegy capacity to sustain high performance in all areas of your life.
<b>Doing</b> 20 min	Activities requiring risk taking, trusting your team and your own capabilities.