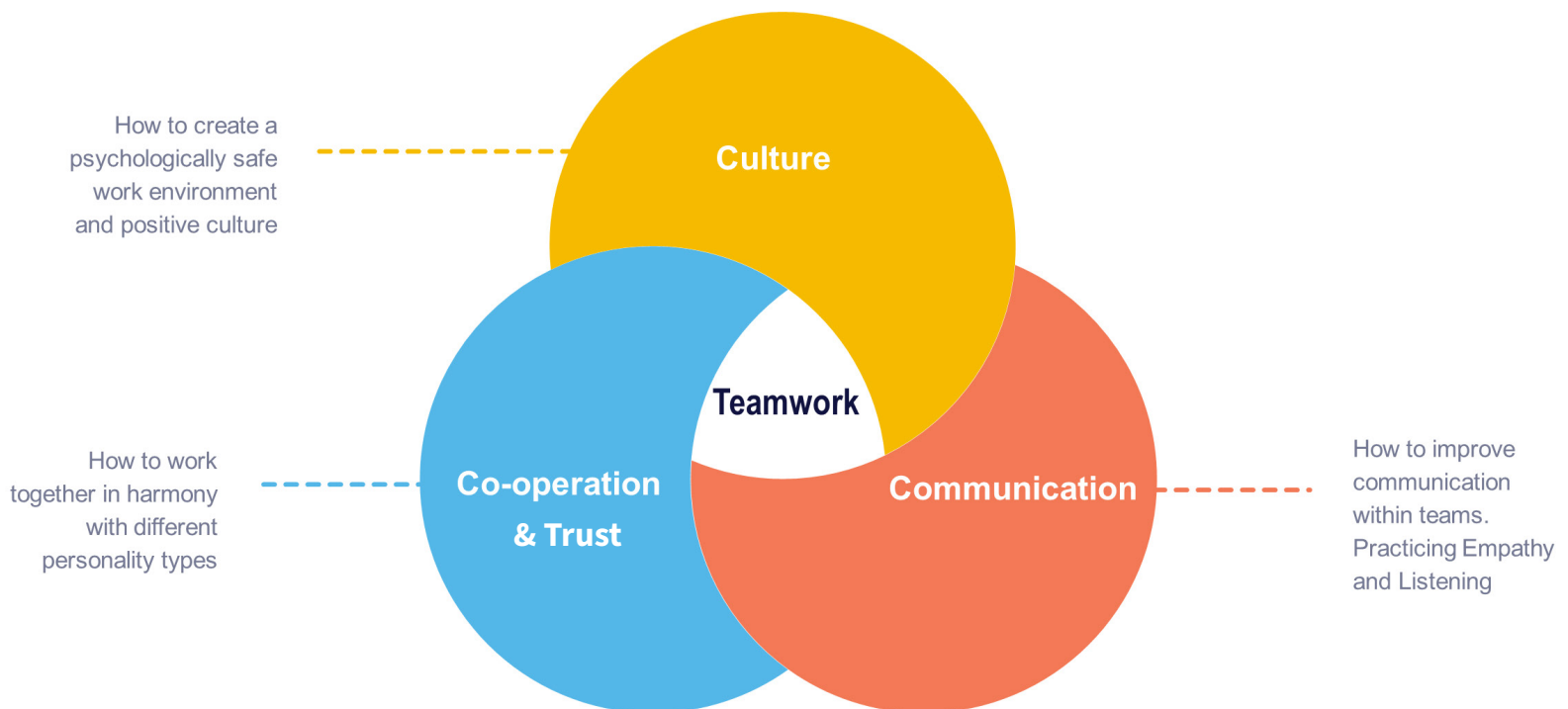


3C WORKSHOP

» for High Performing, Happy, and Collaborative Teams

3 Cs for Teamwork

Teamwork = Culture x Co-operation x Communication



Improving Culture, Communication & Co-operation within Teams

This workshop focuses on the interconnection between Culture, Trust, Cooperation, and Communication, illustrating how these elements collectively form the foundation of strong teamwork. Participants will engage in activities and discussions aimed at fostering psychological safety, improving team dynamics, and enhancing communication skills. This programme can be delivered on one day or a series of 4 Lunch and Learn Sessions

AGENDA



Session 1: Introduction to the Framework and Fostering a Positive Culture

- Overview of the 3C framework: Culture, Cooperation, and Communication.
- How these elements intersect to create effective teamwork.
- Icebreaker: "Team Identity and Values"
- Understanding the importance of a psychologically safe and positive work environment.
- Strategies for developing and sustaining a strong organisational culture.
- Activity: "Building a Culture of Trust and Inclusion"

Session 2: Enhancing Cooperation & Trust

- Exploring ways to work harmoniously with different personality types.
- The role of cooperation in driving productivity and problem-solving.
- Participants take Personality Profiling tests to understand different personality types
- Group activity: "Collaborative Problem-Solving in Diverse Teams"
- Three Pillars of Trust

Session 3: Improving Communication

- Techniques for improving communication within teams.
- Practicing empathy and active listening to enhance interactions.
- Activity: "Empathy and Listening Role-Play Exercise"
- Barriers to effective communication and how to overcome them

Session 4: Action Planning - Applying the 3 Cs to Your Team

- Recap of all three sessions
- Participants create personalised action plans to improve teamwork using the 3Cs.
- Group feedback and sharing of action plans.
- Closing Remarks and Q&A

Materials:

Visual handouts to explain the 3C framework.
Worksheets for action planning and reflection.



TOTAL COST

6 - 10 Attendees

£ 150 + VAT per attendee

11 - 20 Attendees

£ 140 + VAT per attendee

20 or more Attendees

Get in touch for a quote

WHAT OTHERS ARE SAYING

"Really insightful and inspiring workshop"



Kevin M. (Director, Acumen Financial)

"Excellent training. We received great feedback from every member of the team"



John B. (CFO, Sentinel Marine)

"Very powerful presentation and given me so much to think about"



Laura M. (Director, Northwood)

"I would recommend Anurag to any individual or organisation looking to maximise their capabilities and reach full potential."



Lawrence J. (CEO, Scarf)

ABOUT YOUR TRAINER

ANURAG RAI (MBPsS FIoL)

Best Selling Author | Leadership Expert
Registered Organisational Psychologist



Featured In:



Anurag Rai, founder of Superhuman In You and AMHWAL Academy, is a celebrated best-selling author of "The Power Within", "Mind 2.0" and "Leading with Human Quotient".



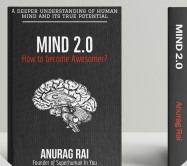
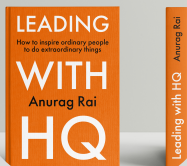
An award-winning coach and Registered Leadership Faculty with British Psychological Society, he is recognized for his expertise in leadership and human psychology.



His achievements include running multiple successful businesses and leading diverse teams to success.



Honoured as the UK's most sought-after Executive Coach by Bark Magazine and the most Empowering Coach in Scotland in 2022, Anurag was also named Leadership Coach of the Year in 2023, and most innovative business leadership coach in 2024, making him a distinguished figure in the coaching community.



Worked With Multinational Organisations in Various Sectors





**Empowering Minds
Transforming Leaders
Improving Business & Wellness**

Founded in 2022, AMHWAL Academy is one of the leading training providers in Scotland for Mental Health, People and Leadership Development. Our trainings are fun, practical, and transformational. The training combines the elements of neuroscience, psychology, and executive coaching to enable and empower trainees to change behaviours and personalities.

Our training programs are regularly updated to include the latest research in the fields of mental health, leadership, and human psychology. Our mission is to make corporate training more transformational and less educational.

AMHWAL Academy has experience working with small, medium, and large organisations in the public and private sectors.

MEMBERSHIPS & AFFILIATIONS



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