



Coach Approach's 'Less Me & More We' Teambuilding Workshop

Coach Approach will provide your students with the opportunity to interact with an advanced portfolio of elite athletes, as well as delivering a unique team building experience.

There's no better way to exhibit the importance of teamwork than through the experiences of athletes who have been through it themselves. Our athletes live and breathe maximum performance and will not only demonstrate the importance of teamwork but they will also offer inspiration and draw from their own personal experiences. Throughout an athletes career they work with a number of different personalities and in a number of environments, they have an extensive understanding of 'teamwork' and what is required to succeed in a high performing team.



This 2 hour program revolves around elements that form the foundations of working in a team, including the following: Problem- Solving, Communication, Team Dynamics, and Trust. These elements are learned through a range of activities and challenges conducted by our athletes in their various sporting fields. The aim of this program is to break down barriers, increase the amount of positive communication, identify and learn how to cope with personality differences, increase cooperation, understand the nature of problems, and evaluate decisions and processes.

This workshop is a fun-filled experience which aids the development of team spirit and camaraderie. It will encourage students to get out of their comfort zone and form new friendships, as well as helping them to grow in self-confidence. It is a program that has been proven to be extremely successful in cluster days and orientation days at many public and private schools across Australia.

2HR Workshop

- 4 team building elements examined
- Team dynamics, Communication, Trust and Problem Solving
- 6 Teambuilding Activities (20mins each)
- Participants have a go at all activities
 - Prize Give Aways

Cost: \$9.00 +GST per participant

**So If You Want Your Students to Learn What It Takes To Be Part of a
High Performing Team
BOOK A 'LESS ME & MORE WE' WORKSHOP TODAY!!
info@coachapproach.com.au
www.coachapproach.com.au**