



Thought Reflection Identity Belonging Empower

A programme of theory,  
practice, strategies,  
coaching skills, and  
personal development.

Tribe is a package of support and training to encourage a whole organisational wellbeing approach. It is a systemic, flexible programme that has been designed to engage and support individuals and teams using interventions, coaching, and training.

### what the package includes

Tribe is completely adaptable depending on the needs of your organisation, including:

- Initial meetings with Senior Management and HR personnel
- Staff consultations
- SWOT analysis
- Collaborative approach to developing support, combining training, reflective practice, coaching, and mediation.
- An asset/strength-based approach is used to develop people.

Through these interventions, we'll create an effective culture, exploring the existing company culture, goals, effective and efficient ways of working, as well as motivation.

Fundamental communication skills, taking a look at active listening skills, non-verbal communication, and the psychological games people play.

Understanding self and others, exploring behaviour, emotional responses, and signs of difficulties.

### delivery methods

Structured presentations for the delivery of theory.

Experiential, discussion and reflective exercises for professional and personal development.

Reflective practice and individual coaching sessions running concurrently with the training.

An assessment at the beginning and end of the programme, along with feedback analysis and recommendations for future support.

We work together to ensure that Tribe becomes self-sustainable.

For more information on how Tribe can be used within your business, please get in touch.