



StaffForce

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ZestLife's *StaffForce* 1 or 2 Day Seminar has been designed specifically for the management & staff of FAS Community Training Centres, Youthreach Centres and Traveller Training Centres.

Our endeavour is to help to unite your staff in their common mission to serve the trainees & to achieve your centre's goals. We support and challenge them to take responsibility for their own emotional wellness, communication and relationship skills

Outcomes of the *StaffForce* workshop:

StaffForce has been proven to create change in 3 specific areas for each member of staff:

1. Focus your team on your Centre's mission, purpose & goals
2. Decrease your teams stress levels.
3. Teach your staff practical techniques for coping with behavioural problems.

Your staff will learn how to reduce stress and become more effective in their role. They will learn emotional intelligence tools. They can immediately apply these tools to create new habits, new decisions and a more resourceful attitude towards life. This leads to an improvement in their attitude, attendance, health and work-rate. This module contains specific guidelines on how to resolve conflict in all aspects of their lives with particular emphasis on inter-staff communication as well as communication with your trainees.

Details of the *StaffForce* workshop:

StaffForce is a one or two day programme that is tailored to meet the specific needs of your centre. Each workshop is fun, interactive and hugely rewarding to those who participate. We recognise that questions and feedback are an integral part of the learning process which is why we will provide your staff with a safe environment to develop and engage in what is a very positive learning experience.

Teaching Methods:

Our aim is to create a safe, dynamic and interactive learning environment. Where attendees gain practical skills that they can implement in their role straight away We are acutely aware that we want to get results rather than just deliver training, therefore we tailor our workshops to be fun, practical and interactive. During the *StaffForce* workshops we use different types of media to cater for different learning styles within each group. Each delegate is encouraged to get involved in the learning process where participants engage and contribute to obtain a physical reference for they are learning. This makes the content more memorable, practical and easier to apply.

Module 1: Understanding your team as individuals (rapport, behavioural & communication skills)

Specifically designed to remind your team of their mission and its Importance. We look at how best to communicate with different types of team members.

- What you can expect out of today
- Rapport & The 6 human needs
- How we communicate now
- How to improve communication effectiveness



Module 2: Managing your emotional state_

Your team learn to take ownership of their emotional states and learn how to access more resourceful emotions instantly:

- Why bother learning about emotions?
- What is your primary emotional state in work? At home?
- What emotional states do you want to spend more time in?
- Habit modification

Module 3: Who am I and who's on my team?

Designed to help the team to evaluate themselves individually & collectively.

- What is stopping us from becoming all we can be?
- Self awareness
- What are my values?
- Is my life in balance?

Module 4: Personal effectiveness_

Designed to help the team to become even more effective as individuals.

- Ownership, Accountability & Responsibility
- Blame, Excuses & Denial
- Limiting Beliefs & Fears.
- BREAKTHROUGH!!!

Module 5: Personal success strategies

Achieving your ambition can be fun!

- Goal setting - What works?
- Achievement & fulfilment
- Modelling

Module 6: Maintaining Momentum

How to serve rather than be served

- How can I motivate myself daily?
- The Art of Fulfilment ASK
- Contribution
- Be a good receiver!!

