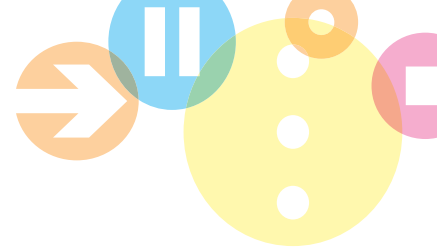


# Building trust and connecting teams through art



The transition from temporary stability to a new normal presents new challenges for leaders and their teams. After a period where teams have been disconnected and may be anxious about what the future holds, they need *support* to make sense of their experiences, *reconnect* with each other and *prepare* for the future.

Logical thinking alone cannot resolve the emotional state of flux that many teams presently find themselves in. Art stimulates both *logical* and *sensory* thought to process these complex times in a

way that traditional methods can't. It makes it possible to express and explore emotions and experiences that are at times confusing and may be difficult to communicate using words alone. A single picture can help *understanding* of how a team thinks and functions, as well as providing an opportunity to build *trust* and *emotional connection*. Our *Building Trust and Reconnecting Teams through Art* programme develops the psychological and emotional positivity needed to support collaborative behaviour

and strengthen common purpose – practices which will support team and organisational *agility* through these uncertain times.

This programme isn't about how well you can draw, or to teach you about art. It's about the use of personal drawings to help people express themselves and their connections with others post lockdown. The programme combines techniques from art therapy and coaching to provide a *safe* and *engaging* space for teams to *reconnect* with each other and *prepare* for the future.

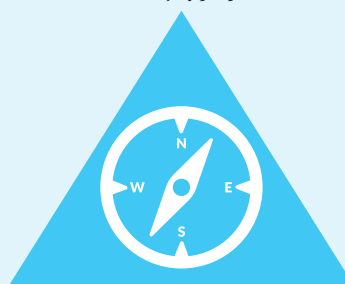
*How our art sessions help teams navigate to a new normal: the three cornerstones*

#### Navigational leadership

*Builds emotional connection and clarity of purposes*

#### Psychological and emotional positivity

*Helps reconcile individual and collective experiences, building resilience and positivity*



#### Organisational agility

*Increases levels of trust and collaborative behaviours*

This interactive programme helps teams to:

- *Uncover how connected they are after lockdown, and in their return to new normal*
- *Understand how art can help form connections and build stronger teams*
- *Reconnect through drawings and coaching which enables individuals to share how they see:*
  - *themselves at the present time*
  - *their team and their role within it*
- *Uncover through drawing how their ideal team might look, and identify the collaborative behaviours required to support this*
- *Creates a team action plan for improving team success*

Programme format and duration:

- *120 mins. Run as a classroom or virtual event so participants can join from anywhere*

Group size:

- *For teams of all sizes*



**To find out more, contact  
Designed4Success today on**

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