

ColorWorks for Teams

Breakout Session Topic Ideas

Team Retreat Training Goal:

To provide an enjoyable and effective business retreat focused on strengthening work relationships, improving communication with peers and clients, and building trust.

Retreat Learning Experiences:

Participants will engage with ColorWorks material in at least three ways to accommodate diverse learning styles.

- Team Dynamics: 5 Stages of Development
- Building Trust in Work Relationships
- 3 Words: Stress in the Workplace
- Building Blocks of Change
- Ask, Be, Do Communication Method
- Conflict Management Tools
- Navigating Client Relationships

1

Whole Group Session (90 mins):

A foundational ColorWorks session where participants discover their personality types and explore core needs, communication styles, and stress triggers.

2

Breakout Sessions (60 mins):

Shorter, focused sessions on applying ColorWorks principles, with topics selected by leadership.

3

Coaching Access:

Optional one-on-one ColorWorks coaching sessions, as determined by leadership.

Retreat Flexible Formats:

Sessions may include brief lectures, hands-on activities, and practice opportunities—all delivered in a casual, respectful, and discussion-rich environment.

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