

Enhancing Team Wellbeing

1 Week Experience

When team members feel empowered to contribute freely to team activities and are greeted with a sense that their contributions are valued, the team thrives. However, common interpersonal challenges can hamper that sense of freedom at the expense of productivity, creativity and overall wellness.

In this 1-week experience, participants will learn neuroscience-based techniques geared to navigate interpersonal tensions and overcome common challenges to team alignment. Participants will learn frameworks they can leverage to manage their reactions to typical interpersonal challenges, in order to respond productively and enhance team harmony and wellness.

Estimated Time Commitment: 2.5–3 hours

Faculty Video Lectures: 30 Minutes

Create Action Plan: 75–90 Minutes

Interactive Activities: 45–60 Minutes

Key Learnings

- Why Psychological Safety Is Important for Mental Wellness
- Establish Psychological Safety through Authenticity
- Deal with Passive Aggression
- Avoid GroupThink
- Enhance Team Synchrony
- Balance Bottom-Line and Possibility Thinking

Assignment Details: Create an Action Plan

- Diagnose Threats to Your Team's Psychological Safety
- Plan and Implement Behavioral Interventions to Combat Those Threats

Faculty Director: Dr. Srin Pillay



SRINI PILLAY

Dr. Srin Pillay is the CEO of NeuroBusiness Group, a company that specializes in developing transformational leaders and has been voted one of the Top 20 “movers and shakers” in leadership development in the world by Training Industry. He is an internationally recognized expert in applied brain science and human behavior.