

# Team Building: Better Bonds

*Are you striving for a better bonded team? In our 3-day Team Building: Better Bonds workshop your team will work together to strengthen communication, conflict resolution and problem-solving skills.*

## Topics covered:

- The 5 Agreements
- Effective Communication
- Managing Reactions - 5 Chairs
- Conflict Resolution
- Healthy Boundaries
- Managing Stress
- Burnout
- Time Management
- Problem Solving
- Goal Setting
- Foundations for Success
- Motivation

**Call, email, or text  
to book today!**

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