



Team 'RE' Building - 2021

Introduction

Well, if you are anything like us here at RED Wellbeing, we are guessing that 2020/21 has probably not turned out like you thought it might!

With your 'teams' now spread far and wide, working from home, downhearted, isolated or possibly even nervous about returning 'physically' to work, it is time to start thinking about how you can rebuild confidence and team interaction so as to get back to something nearer normal!

RED Wellbeing's online Wellbeing Profiler (WBP) has been busy throughout 2020/21 gathering data, provided by its users, your employees and others like you, and some very interesting results have come out of this.

What does the Data Show?

We have collated the data from 926 users of the RED Wellbeing WBP from 5 different companies with a wide user demographic. The table below shows the areas across which the WBP covers followed by the average scores pre/post 'Covid Lockdown' and then the % improvement.

Area assessed	Pre 0-5	Post 0-5	% Diff.
Tiredness	3.23	3.32	2.10%
Anxiety	3.75	3.81	1.06%
Anger	3.38	3.43	1.20%
Relaxed	3.69	3.71	-0.10%
Positive Attitude	3.98	3.98	-0.08%
Employee Engagement	3.74	3.76	0.44%
Mental Clarity & Decisiveness	3.85	3.84	-0.24%
Self-Management	3.82	3.75	-1.88%
Control	3.80	3.84	0.52%
Self Esteem	3.65	3.68	0.64%
Area assessed	Pre	Post	% Diff.
Lifestyle	3.42	3.49	2.54%
Lifestyle - Fruit/Vegetables	3.37	3.51	5.10%
Lifestyle - Eating	3.05	3.13	2.80%
Lifestyle - Hydration	3.18	3.28	3.68%
Lifestyle - Alcohol	3.94	3.84	-2.26%
Lifestyle - Smoking	4.68	4.77	2.58%
Lifestyle - Exercise	3.29	3.35	2.36%
Lifestyle - Balance	3.40	3.54	3.98%

Very interestingly 'Working from Home' seems to have been a huge success in terms of 'tiredness' and in every area of the 'Lifestyle' section with the exception of alcohol consumption!



And so, Where do we go from here?

RED Wellbeing has been delivering interesting and unique Teambuilding events, previously through its NFE Group companies, successfully for over 20 years and it has now joined together the expertise and the data and then factored in the current state of the 'business' world, to create an innovative Team 'RE' Building event.

Delivered from the RED Training Centre at Donington Park, in a responsible and 'socially distanced' manner where required, the 'event' is a full-day event that can also provide 'free' sessions during the day that can be utilised for 'internally' delivered sessions by your company.

Areas Covered

Health, Wellbeing & Resiliency – The day will start with an interactive introduction to this wide subject and the areas that it covers. We will discover that how we 'feel' affects how we 'react' and also how our 'heart' physiologically does rule the 'brain.' Some simple strategies will be explored to allow us to take back control, reduce stress and improve our resilience.

Working in a Team not on Teams! – A series of practical activities will be 'set' during the day that explore teamwork, how and why it works, the importance of good communication and effective human interaction!

Nutrition & Hydration – This session obviously takes place just before lunch! It will explore the value of 'colour' and how this is reflected in a good diet; proper hydration and its effect on our ability to perform will also be discussed. Delegates will then be asked to 'select' their healthy lunch from the buffet!

Managing Fatigue – A session that gives delegates the facts around sleep, what we need to do and importantly, not do, to sleep more effectively and consistently. We as a species are most tired between 2am and 4am and between 2pm and 4pm and so it makes perfect sense to run this session just after lunch when all sensible Mediterranean countries are having a Siesta!

Other Detail

If not already using the RED Wellbeing Profiler (WBP), this unique programme will also be included and sent to all delegates in advance of the day and continued monthly post event, for a whole year. All refreshments, including a healthy and nutritious lunch is included in the day.

The proposed day plan is fully flexible with regards timings and content and in addition to having sessions tailored around your own internal Company, the RED Wellbeing team is very experienced at creating bespoke sessions to suit your exact requirements. Please ask for more details.

Costs

The cost of this innovative Team 'RE' Building event as described is just £195 per head based on a minimum of 8 participants.

Contact – 01332 810007 or e-mail wellbeing@redtraining.com