

DARE

DYNAMIC ACTION TO REBUILD AND ENHANCE

VISION:

TO INSPIRE, EQUIP AND SUPPORT LEADERS

MISSION

TO REACH PURPOSE DRIVEN GOALS THROUGH TRAINING, COACHING AND
CONSULTING.

DARE

DYNAMIC ACTION TO REBUILD AND ENHANCE

The company impacts the business environment with leadership coaching and different workshops and training opportunities

Conquer stress

- ▶ Ensure chemical balances in the brain.
- ▶ Brain stimulation to enhance energy levels.
- ▶ Prevent downshifting in the brain.
- ▶ Behavioural tools.

Thinking preferences

- ▶ Manage subconscious thought.
- ▶ Understand your own and team members thought preferences.
- ▶ Change behaviour.

Team collaboration

- ▶ Manage conflict and change it into positive learning experiences.
- ▶ Emotional intelligence.
- ▶ Purposeful communication.
- ▶ Leadership coaching.

Increased Productivity

- ▶ Effective time management.
- ▶ Enhanced concentration.
- ▶ Define and ensure definite goals.
- ▶ Brain sharp decision making.



...and so much more. Stress less, be sharp. Learn how at DARE's two day course.

DIAGRAM OF THE "TEAM WORX" 2 DAY COURSE:

After the course we can continue with coaching of teams or individual members of the team to ensure effective implementation of the course content and to help teams to function in continued collaboration.

STEP 1

1. Every team member complete the online thinking preference questionnaire in their own time before the course .
2. Every team member complete the pencil – and - paper questionnaire on temperament and brain functioning during stress.
3. Sensory processing evaluation follows.

STEP 2

1. Each team member receives their own thinking preference feedback report.
2. Explanation and workshop on the different thinking preferences and how to use the knowledge of unique thought to create a collaborative team.
3. Coaching on how to use the knowledge of unique thought preferences in relationships, communication and conflict management.

OUTCOME:

1. Team collaboration
2. Direct communication
3. Stress management
4. Productivity
5. Emotional intelligence
6. Inspired and motivated teams
7. Conflict management
8. Healthy and focused teams
9. Implementation of coaching and behavioural tools

STEP 4

1. Workshop on how to manage the impact of stress on team collaboration.
2. Workshop on coaching and behavioural tools to manage stress and build expert teams.
3. Coaching to change and manage thought and create a direct coaching communication style.
4. Coaching to use the knowledge of though differences and stress functioning to enhance productivity and reach purpose driven goals

STEP 3

1. Each team member receives their own feedback on their unique stress functioning in the brain and sensory processing.
2. Explanation and workshop on the impact of stress on the brain, differences in stress functioning and sensory processing , and how to use this knowledge to manage conflict and react emotional intelligent .



LEADERSHIP COACHING AND TRAINING

- Thinking preferences
- Brain functioning during stress
- Communication
- Conflict management
- Emotional intelligent leadership
- Stress management
- Change leadership from Mentoring to Coaching
- Team worx



CONSULTING AND COACHING

CONSULTING:

- Thinking preferences (Brain profiling)
- Brain functioning during stress (Brain profiling)
- Relationships
- Parenting
- Career guidance



COACHING:

Coaching is partnering in a thought-provoking creative process to inspire and maximise personal and professional potential

