



MyPhy Remote Workshops

Keeping Remote Teams
Connected, Engaged &
Performing during COVID-
19 and Beyond

Context

COVID-19 has forced teams to operate remotely and in isolated contexts. This often leads to increased anxiety, less collaboration, and lower levels of energy and performance.

At a more fundamental level, this crisis is changing the way we think about working in teams.

To counter any negative effects as well as prepare teams for what will be a very challenging and destabilized business environment, we deliver a series of interactive remote workshops to ensure:

- **a continued sense of belonging, support and efficiency;**
- **energy levels stay high;**
- **a clear vision is maintained; and**
- **performance levels and results don't suffer**

Our Remote Workshops

1

Developing
Self-Awareness
for +ve Mindset

*(Increasing confidence &
a positive mindset)*

2

Practicing
Resilience

*(Through inspiring stories
& a "Resilience Plan")*

3

Leveraging Talents
to Succeed

*(Towards higher performance
& better decision-making)*

4

Boosting Energy
for Performance

*(Tools that help keep
well-being & performance
high)*

5

Organise
to Thrive

*(Strategies and tools to
thrive when working
remotely)*

6

Creating a Vision
to Inspire

*(SMART objectives & clear
roadmap to achieve this)*

Workshop 1:

Developing Self-Awareness for a Positive Mindset

Outline:

- > **Building** Self-Confidence
- > **Better** Decision-Making

- > **With 3 segments:**
 - Understanding how we operate on a daily basis
 - Identifying key values, talents and aspirations

 - Leveraging the best of who we are towards tangible outcomes

Key elements:

- > Fun, interactive exercises designed to self-discover and energise

- > Individual, one-on-one and plenum sessions to share and learn from each other

- > A workshop booklet for each participant to fill in and use going forward

Outcome:

- > Clarity of key personal reference points (as “pillars to stand on”)

- > A process to effectively link those points with daily work activities and tasks

- > An ability to bring out the best in oneself as well as the best in others in stressful situations

Workshop 2:

Practicing Resilience

Outline:

- > **Identifying** our Inner Resources
- > **Rising Up** in Adversity

Key elements:

- > Using powerful real-life stories (video clips, pre-reading) in sports, history and business to learn patterns of resilience
- > Sharing personal experiences of adversity and resilience
- > Applying learnings to ourselves individually and as a team
- > Each team builds a “Resilience Plan” during the workshop to apply going forward

Outcome:

- > Greater team bonding and unity, better understanding of how each member responds to adversity
- > More confidence in being able to adapt to disruption
- > Practical actions and behaviours that help individuals and the team as a whole “rise up”

Workshop 3:

Leveraging Talents to Succeed

Outline:

- > **Identifying** our greatest talents and why they come naturally
- > **Leveraging** them in the face of challenging situations
- > **Learning** how to make better decision that align with our talents

Key elements:

- > Fun, interactive exercises designed to self-discover and energise
- > Individual, group and plenum sessions to share and learn from each other
- > A workshop booklet for each participant to fill in and use going forward

Outcome:

- > Greater clarity on the talents of each team member
- > Plan to apply these talents to challenging unstable situations
- > More unified, focused team that is motivated to work together, and for each other, going forward

Workshop 4:

Boosting Energy for Performance

Outline:

- > **Boosting** Energy
- > **Reducing** Stress
- > **With 3 segments:**
 - Our “triple dimensions” – understanding how the body works
 - Towards better balance and energy
 - Ten “pillars” to stand on

Key elements:

- > Dynamic exercises performed remotely
- > A new mindset and skill-set to energise and build stamina
- > A workshop booklet for each participant to fill in and refer to going forward

Outcome:

- > An enjoyable interactive experience that helps each team member better cope with remote working and isolation due to COVID-19
- > A toolkit of useful exercises to apply daily and in specific circumstances (stress, grief)
- > A better understanding and ability to successfully manage physical, mental, emotional triggers

Workshop 5:

Organise to Thrive

Outline:

- > **Identifying** what you can do to better organise your day
- > **Understanding and overcoming** the challenges of working from home

Key elements:

- > Better understanding of tasks by using Project Management techniques for planning
- > Using these tools to create a framework for decision-making and prioritising
- > Applying these learnings to help us run our day optimally
- > An empowerment action plan to adopt for each of us

Outcome:

- > Adopting a mindset for not just surviving but thriving in the context of working from home
- > More confidence in being able to prioritize tasks and make decisions
- > A sense of achievement and renewed energy to go forward

Workshop 6:

Creating a Vision to Inspire

Outline:

- > **Creating** an Inspiring Team Vision
- > **Identifying** SMART Objectives to turn vision into reality
- > **Defining** a Roadmap to achieve

Key elements:

- > Fun, interactive exercises designed to self-discover and energise
- > Individual, one-on-one and plenum sessions to share and learn from each other
- > A workshop booklet for each participant to fill in and use going forward

Outcome:

- > Greater clarity on direction and purpose that drives the team towards results
- > Practical action steps, both individual and collective, to accelerate towards objectives and vision in an disrupted environment
- > Greater sense of belonging and unity, including a better understanding of other team members

The Delivery Team



Jonathan Cave

Jonathan is a leadership coach and workshop facilitator. He is also the founder and CEO of MyPhy, a Swiss-based centre of leadership excellence focused on developing a new generation of exceptional leaders. Having spent nearly 15 years serving some of the world's wealthiest entrepreneurs in an advisory role, Jonathan now enjoys nurturing authenticity and talent in dynamic leaders and their teams. He is an international conference speaker and enjoys rugby, quality family time and meaningful conversations.



Cassandre Burgess

Cassandre designs and delivers workshops in addition to co-chairing MyPhy's Annual Women's Leadership Conference. She is also Adjunct Professor at Geneva Business School, where she teaches course including Banking, Project Management, Investment Psychology and Mergers and Acquisitions. Originally from South Africa and the UK, she has extensive experience in the financial services and mining sectors.



Martin de Waziers

After Ecole Polytechnique Paris and Harvard Business School, Martin spent 25 years working in the USA, Japan, and around Europe specializing in business strategy, administration and management. He has expertise in leadership and team development as well as complex decision-making. His particular interest in life balance has led to international workshops and one-on-one's, enabling leaders to develop stronger foundations in their professional and private lives.

About MyPhy

OUR IDENTITY

Founded by Jonathan Cave in 2016, we are a Swiss company of successful business professionals who nurture and develop talent in others.

What Our Clients Say About Our Remote Workshops

OUR VISION

To build the world's most innovative experiential learning company, developing a new generation of exceptional leaders.

OUR MISSION

To deliver world-class coaching, workshops and events that challenge, inspire and transform our clients.



"When I asked Jonathan to organise a remote workshop on self-awareness and resilience I knew what I wanted but I was not sure of what I needed. Well after his workshop and coaching I have the answer. Through customised interactive sessions, my team was at first engaged and in the end more conscious of our collective ambitions and drive. Now we have the tools to be a better group."

**Head of Team (Italy),
Swiss Private Bank**



"Jonathan delivered a remote workshop on "Leveraging Talents & Better Decision Making" to just over 100 students, alumni and faculty of Geneva Business School, as well as certain external guests. It was a great success! There was high energy and engagement due to the session being interactive, with a dynamic chat and students sharing their values, talents and aspirations in open forum."

Sixtine Crutchfield-Tripet
Student Services and Alumni Coordinator
Geneva Business School

Workshop Steps

ACTIVITY	DURATION	FEES (CHF)*
1. Preparatory Conversations with Client (60min)		
2. Facilitator Structure Preparation (slides etc.)		
3. Participant Booklet (tailored to client i.e. logo)		
4. Remote Workshop Delivery (2h / half-day / full day)		
5. Follow-Up Debrief with Client (60min)		
	Total per Workshop	To be discussed*

* Depending on n° of participants, pre-work, follow-up session for accountability etc.



Thank you


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