

Introducing LifeClubs Connect

You want your colleagues to achieve their best, no matter what. This is how...

Connect has been trialled and tested and is proven to pull horizontal or vertical teams together, whether face-to-face or online, demonstrating to them that even virtually, they form a family.

The value of this amazing seven-hour course is both measurable and essential during this recession and we're here to show you.

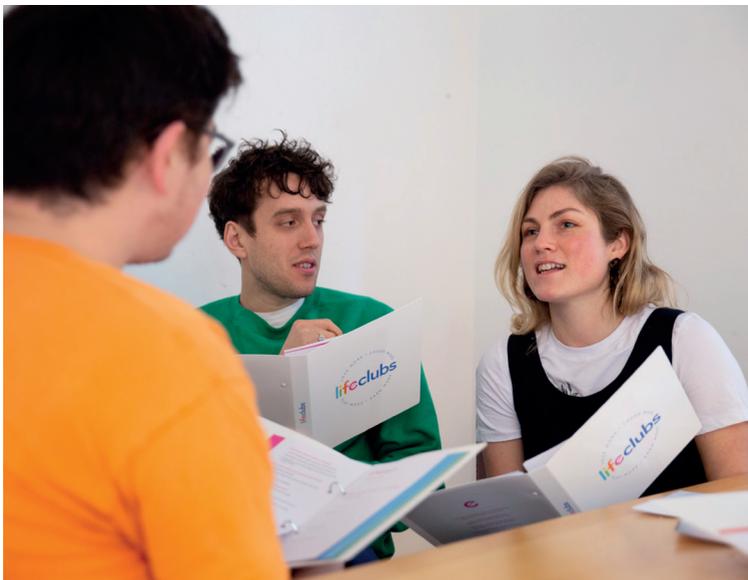
Connect series

What is Connect?

Connect are mini-workshops designed to create understanding, community, empathy, support, warmth and mental well-being. Connect workshops follow the same themes and coaching principles as our known and well-loved corporate workshops and webinars but have been transformed into an accessible and simple format. Whether you're part of the community of students, the charity sector or represent a corporate legal team, Connect will benefit everyone.

How does Connect work?

Connect is all about ease. LifeClubs runs interviews with feedback and training for your selected colleagues who can then run our Connect workshops either face-to-face or in online groups. There is no need for a LifeClubs host.



The workshops

1. The very beginning: introduction to key Connect tools

This workshop introduces you to the five key tools used during Connect, kickstarting your positive thinking and helping you to get the most out of the following six workshops. Fear not, all of our workshops are very structured to enable participants to trust each other and grow together in confidence.

2. Communication: we connect

This workshop will allow you to discover the effectiveness of listening and teach you about the importance of body language in growing empathetic relationships both in and out of the workplace. You'll learn to listen to others – and to yourself.

3. Organisation: just do it

This workshop is about understanding how you work best so you can manage your time to achieve your goals and conquer your challenges. We look at procrastination - what's stopping you? Are you too much of a perfectionist? Feeling overwhelmed? Or simply a rebel? No matter which, we help you to find a solution.

4. Identity: who am I?

This workshop is about discovering more about yourself, so you can find what you want from life. We'll explore your values, because, if what you're doing conflicts with them, you'll feel something is wrong.

5. Goals: what do I want?

This workshop is a journey of understanding how our negative beliefs about ourselves can make us lack confidence and therefore prevent us from achieving our goals. We start by using positive thoughts to create some concrete actions you really want, but that's only the beginning.

6. Confidence: I can do it

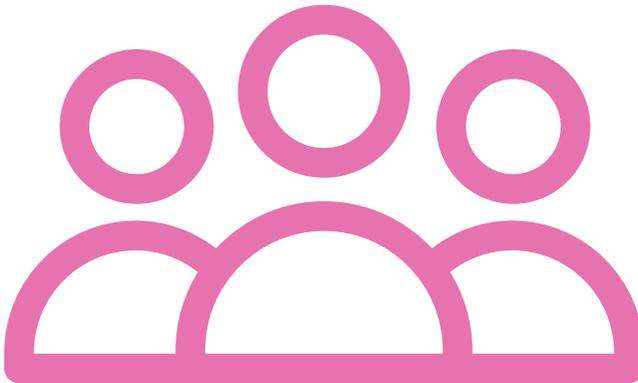
This workshop is about boosting your confidence by noticing the things you do and have done, and celebrating your successes, however big or small. By realising how much you've already achieved you'll have the confidence to see what else you can do.

7. Success: I did it!

Success is highly personal. In this workshop you'll become aware of the qualities in others you admire and identify your own strengths. We also focus on what you're giving others and how you can give all that to yourself as well.

As Connect has proved so successful, more workshops are on the way...

1. Focus
2. Creativity
3. Perspectives
4. Balance
5. Change
6. Happiness



Does Connect work?

In Autumn 2019 we trialled the Connect workshops in a range of different organisations LAWRS (Latin American Women's Rights Service), RSPCA, British Transport Police, the legal department of Working Families charity and the Youth Justice Board (who had two groups – one face-to-face and one online using Skype). We also trialled the workshops with a group of Brunel University students.

We suggest you learn about Connect through the words of those who completed the workshops in the above organisations.

What are the objectives of Connect?

- *Connect makes you spend time thinking about the way you behave, the things you do and whether there are things you can do differently to have a positive change on your life.*
- *The workshops helped us get to know ourselves and each other so much better. And gave us the confidence to make positive yet challenging choices in our lives.*
- *I am a firm believer that the workplace should have a reflective, empathetic and safe space for staff and these sessions are showing that – they've made work feel more like a community.*

How does Connect work?

- *The workshops gave me a chance to think through and analyse any issues or problems, which often I don't give myself the time and space to do.*
- *The programme was very reflective, and it forced me to challenge preconceptions that I had made about myself, improving my confidence and helping me feel better about myself.*
- *Connect made people feel more positive. After each workshop I found myself becoming increasingly more positive – and feeling more positive actually made me more productive.*

How did Connect help you?

- *It's given me confidence to have a more can-do attitude and helped me assess what I want out of life/relationships/work etc.*
- *Identifying important values to me and understanding how they interact across work, family and self.*
- *I've been feeling more relaxed and thinking clearly. Setting up tasks and doing them.*

Who is Connect for?

- *I would recommend this course to anyone. What surprised me more than anything was that the sessions acted as a conduit for us forming personal connections across the organisation.*
- *Really useful for teams who don't know each other on a personal level as well as those that are learning to become closer.*
- *Suitable for professions such as policing, where emotional wellbeing and reflection are only recently being acknowledged.*

Connect success stories

- *I spoke up in a meeting which I wouldn't have done previously.*
- *It encouraged me to prioritise areas in my life I have been procrastinating about.*
- *Today we heard that one of the LifeClubbers has taken on a secondment – a really good career development opportunity for her in a much bigger department – which she only felt she had the confidence to do as a result of doing LifeClubs. Others have made some smaller changes: lost weight, done more gardening, gone to the gym, doing more for ourselves, got to know ourselves better, started to do lists, thought about what we want to get out of life, etc.*

Did anyone notice you'd changed during and after Connect?

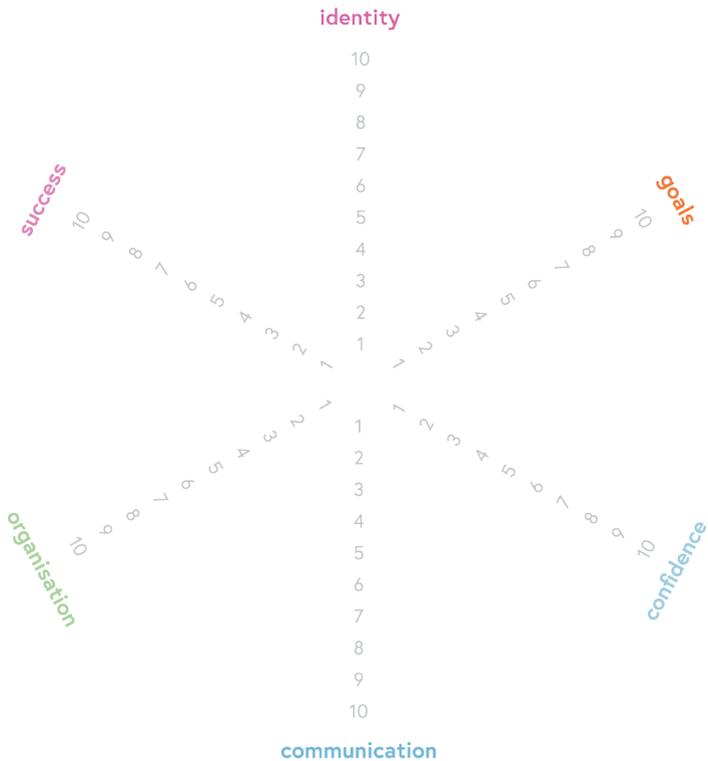
- *My partner at home made a comment that I appeared to be much brighter than usual and this may well be down to the course for making me question my preconceptions.*
- *Participants in my group mentioned that people had noticed changes in them – this was nice in that it caused participants to feed back to each other in the sessions as well.*
- *I noticed that my children were happier because I was listening to them more.*

How does Connect work online?

- *I had reservations about using Skype being a technophobe, but it worked really well.*
- *Skype fostered good communication discipline, providing the space for individual contribution.*
- *Technology enabled us, a disparate group of home workers, to connect and get to know ourselves and each other better. I looked forward to every session and they all left me feeling energised both in and out of work. The best hour of my working week!*
- *What I loved about this session was everyone's openness to being vulnerable with colleagues; creating a psychologically safe space and opportunity to circle back on strong emotions is super important.*
- *The group has formed a magical bond as a result of our Connect sessions.*
- *I've been humbled by the positivity and appreciation that the group has shown for these sessions.*
- *Skype worked so well, I wouldn't need a face to face workshop*
- *I enjoyed sharing my experiences and listening to my colleagues. It definitely made me feel that I was supported and not alone with anything within the workplace. I looked forward to the sessions.*

What the numbers say

As well as collecting qualitative data, we also measured participants using our 'Understanding you' chart below, which has as each measure one of the workshop topics. At the start of each workshop participants scored themselves from 1-10, with 10 being that they felt very satisfied within an area and 1 being that they felt dissatisfied.



At the end of the series we compared their initial scores with their final scores.

- *The top bar, below, shows the scores of the participants during the first workshop.*
- *The lower bar shows the scores of the participants during the final workshop.*

The orange band represents those who scored between 1 and 3.
The middle (pink) band is those who scored between 4 and 6.
The yellow band on the right is those who scored between 7 and 10.
It's easy to see how the area which has grown the most is the yellow section with scores of between 7 and 10.



As you can see, Connect works.

You can see the changes in your own workplace too. Simply get in contact with us now on 0207 22 22 199 or connect@lifeclubs.co.uk

Really looking forward,

Nina Grunfeld, CEO