

BUILDING RESILIENCE

A team event for a group of international aviation professionals to build resilience

www.kineticpd.co.uk

CHALLENGE

A team of business development specialists, spread across continents from North America to China, needed support in developing a collective mindset and personal skills. The challenge was maintaining motivation and performance despite the pressure from delays and resource constraints. The leader of the team also wanted to foster team unity, especially since many team members had not been to headquarters in years as a result of the pandemic.

SOLUTION

Kinetic designed an in-person team day at headquarters, featuring Discovery Insights psychometric assessments, stress management techniques and competitive fencing exercises to foster resilience and collaboration.

RESULTS

The team emerged with stronger bonds and improved self-awareness, able to communicate more effectively and manage stress better. The team developed a shared language around growth and resilience, improving both individual performance and collective outcomes. Despite facing internal challenges, the team maintained high motivation and successfully navigated business development goals.



AT A GLANCE

CHALLENGES

- Internationally dispersed team
- Building resilience
- Improving collaboration

KEY OUTCOMES

- More cohesive team
- Deeper relationships
- Re-energised team



AGNE NODEN

Business Development Director

"Kinetic's team day has made a remarkable difference in how my team operates. The focus on mindset and stress management has helped us stay resilient and collaborative, even in challenging situations."

We help organisations perform at a higher level by embedding the psychology of elite sport in their teams



How we work

We deliver along four strands, and create 6 -12 month bespoke training packages blending all these four streams:

Workshops - We deliver virtual and face-to-face programmes through interactive workshops. Each delegate is provided with further learning materials after each session.

Coaching - Both within the team and wider network we have access to a number of qualified coaches who have also competed at the highest level in sport.

Keynotes - we can provide speakers to cover a range of topics for keynote speeches for events or conferences.

Psychometric testing – We are certified practitioners of the Thomas International and Discovery Insights self-awareness tools.

Scenario-based training

Our work is designed to be laser-focussed on our clients' outcomes. We want to immerse ourselves in your industry and organisation, understanding the challenges and opportunities, to ensure training is targeted and relevant.

High-performers from sport and business

All the Kinetic team have performed at a high level, whether that's in the corporate world or Olympic Games. They bring that real-world experience to our training.

Contact Us

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