



igniting the heart of teams™

Energize connection. Deepen trust.
Fuel extraordinary collaboration.



Great teams aren't built by accident - they're built by intention.

Igniting the Heart of Teams™ helps groups go beyond surface-level collaboration to uncover what makes a team thrive: trust, alignment, shared purpose, and authentic connection. This program breathes new life into team dynamics, helping teams build the kind of trust that sustains resilience, creativity, and momentum - especially in times of change.

What to Expect

- Explore what creates team trust, alignment, and shared purpose
- Reflect on team dynamics and how they shape performance
- Practice giving and receiving appreciation and feedback
- Strengthen emotional connection and collaboration across the team
- Align on values and behaviors that support a thriving team culture

Walk away with a deeper connection and a renewed sense of what's possible - together.

Igniting the Heart of Teams

Group Training

Format:

Onsite: 4 hours

Virtual: 2.5 hours

Audience:

New Hires, Professionals
and/or Leaders

"This session brought our team closer together. We left feeling more connected, aligned, and inspired."

- InteraWorks Participant

Why it Works

Built on research from Patrick Lencioni, HeartMath®, and social neuroscience, **Igniting the Heart of Teams** taps into the often-overlooked emotional drivers of performance. When teams feel safe, connected, and purpose-aligned, they collaborate with more creativity, resilience, and ease. Emotional resonance becomes a multiplier – fueling trust, engagement, and sustainable performance

Results You'll Feel + See

For Individuals



- Stronger sense of purpose and belonging within the team
- Increased willingness to be vulnerable and speak with courage
- Deeper appreciation for team members' unique strengths
- Renewed commitment to collaboration and shared outcomes
- Greater empathy, trust, and accountability

For Teams



- Elevated team trust and cohesion
- Clear alignment around purpose, values, and ways of working
- Faster recovery from conflict and miscommunication
- A culture of mutual respect, open dialogue, and collective success
- Higher engagement, retention, and overall team performance

Quantum Leadership

This program is part of the **Quantum Leadership** Suite – an advanced development suite designed for leaders ready to meet the demands of a rapidly changing world. Rooted in awareness, intuition, and intentional action, each program in the suite helps expand leadership capacity from the inside out. These experiences empower individuals and teams to lead with greater clarity, confidently navigate complexity, and drive meaningful transformation across their organizations.

Continue the Transformation!

All participants gain access to **InteraLabs™** – complimentary, live learning sessions that explore emerging topics and reinforce learning through dialogue, experimentation, and ongoing growth. Stay connected, curious, and courageous!