Get Berkshire Active are a local charity, who invest your fee back into local disadvantaged communities to support physical activity and sport for all.

When learning, we retain 10% of what we read, 20% of what we hear and 90% of what we experience!*

Do you need a stronger team with brilliant communication skills and a highly collaborative, winning attitude?

**MTC sessions will:**

- Improve team collaboration
- Create Emotionally Intelligent High Performing Individuals, Leaders, Teams and Organisations
- Prepare the team for organisational change and flexibility
- Develop emotional intelligence,
- Improve communication and sales skills
- Coaching and Mentoring for Success
- Create a Culture of Innovation

*Source: Edgar Dale’s Cone of Experience (Dale, 1969)*
Get Berkshire Active deliver MTC sessions across Thames Valley, working with commercial clients, local authority, education, employment, charity and health sector partners.

"It was the best bit of training we've ever had" - Lucy Bowman, Dept of Work and Pensions

"The session was interactive and fun, as well as being thought provoking. It was a really good way to start the day and it definitely had a positive effect on everyone's mood for the rest of the meeting!" - WEA , Building Family Bridges Project Coordinator

Mobile Team Challenge is an active learning experience delivering:

- Evaluated team performance before and after sessions
- Team / Personal Impact Report
- Builds winning Behaviours and attitudes
- Improved mental health, stress reduction and resilience
- Enhanced Respect, Trust, Leadership, Self Awareness, Empathy, Self Confidence and Self Belief, Reduced Conflict

The sessions can be tailored to your specific organisational development needs and delivered at a time and place to suit you.

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