



**Welcome to
the wonderful
world of
WorkOuts.**

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Are you a manager looking to boost your team member's personal development? Don't know where to start? The GoodHabitZ WorkOuts are designed to help you on your way. Whether you're looking to up the fun factor at work, improve team spirit or work on taking responsibility, we've developed an original WorkOut for each course. It's a practical tool that helps shift the focus to topics that are relevant in your company.

WorkOuts: Why?

- Because you want to promote team development within your organisation.
- Because you want to appeal to a sense of group responsibility: you agree to do a course and then evaluate later, as a group.
- Because you want to help your managers grow towards a coaching leadership style. The WorkOuts are an easily accessible tool that can help them spark a conversation.

WorkOuts: For whom?

You do the WorkOuts as a team, or with a few work companions who are just as excited to dive into a certain topic as you. To familiarise your ambassadors with this format, GoodHabitZ organises inspiration sessions. The goal of these sessions is to help the host lead the WorkOuts from start to finish. These sessions will teach them the best way to use the GoodHabitZ materials and put specific themes in the spotlight. All that in just 1.5 hours, by the way. GoodHabitZ ambassadors are preferably managers who value coaching and like helping people grow.

WorkOuts: How does it work?

WorkOuts consist of three components:

- **The kick-off (approx. 30 minutes)**
The host introduces the theme and warms up the participants with a few short videos. Then, it's time to take stock of where people stand on the subject with an assignment and a quote or statement that encourages discussion.
- **Your turn! (approx. 2 weeks)**
Team members have two weeks to do the course and the corresponding exercise(s).
- **Feedback session (approx. 30 minutes)**
Time to share your experiences. All participants are encouraged to share tips from the training course that they could apply in practice. Perhaps some have tips that could benefit the entire team. Share them! And use this as a handhold for your team: after all, learning together is better!

WorkOuts: Where do I find them?

The WorkOuts for all courses can be found on the GoodHabitZ website. In the menu, click 'Course images, leaflets and WorkOuts'. Mind, this item is only available for marketeers. Once you've downloaded a WorkOut, you are, of course, free to save it to a location where the other ambassadors can access it.

Want to know more?

Eager to get started on the WorkOuts? Want to know a little more about the format? We've added a few short excerpts from the webinar 'Let's WorkOut' that explain the ins and outs of the method. Click on one of the titles below to see the video.

1. What's a WorkOut?
2. What do WorkOuts look like?
3. Let's show you.
4. Learn from your peers! How is the Efteling doing it?
6. Watch the entire webinar.

Your coach will be happy to tell you all about the WorkOut, so feel free to contact them!