

PERFORMANCE + WELLBEING • FOR TEAMS



TRANSFORMATIONAL ADVENTURES FOR TEAMS

Adelaide  Goodeve

Adelaide w/ client - Norrøna Hivsterk

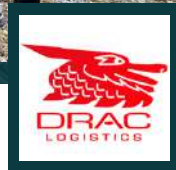
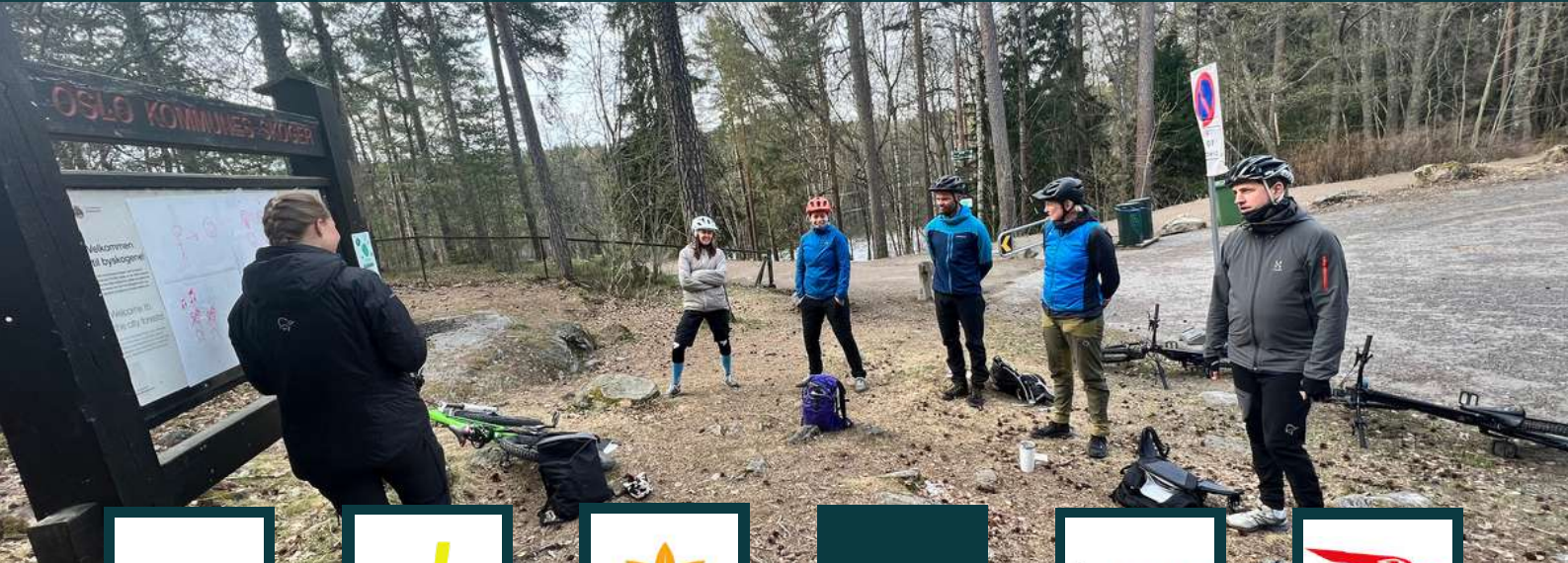


"I wanted us to all be in the same positive mindset! We learned so many new things about teamwork, positive thinking, how our language shapes our mind, what drives our behaviour and about our mindset. The feedback was absolutely amazing. They applied it in their daily work - and still do. Thank you so much for enabling this transformation for us. I hope many more teams can do it too."



Ives Barcelli,
Financial Director, British American Tobacco Malaysia

Transforming Teams By Focusing On People, Neuroscience + Adventure



Renowned companies hire us to help their teams and leaders achieve beyond their perceived potential.

We guide your team/s in cultivating a new mindset that supports them in optimising performance and overall physical, mental, and emotional wellbeing.

All of our team building and development training is tailor made and grounded in neuroscience, this makes it highly purposeful and impactful.

The training is designed to meet your team's needs. Through an in-depth survey and interviews we pinpoint your greatest challenges and leverage your strengths on an individual and team level. This also creates a baseline from which we can measure improvements.

Training topics include team purpose and values, confidence, mental toughness and resilience, team culture and spirit, goal achieving, communication, conflict resolution and creativity/innovation.

My clients have noticed reduced stress, absenteeism and turnover; lighter and more positive atmosphere; enhanced morale and working relationships; improved resilience, productivity, creativity, engagement and more! Continue reading for research and case studies.

Team Development Research



The most engaged teams experience:

23%

Higher profits

20-43%

Lower Employee Turnover

81%

Less Absenteeism

14+%

Productivity Gains

Capability building is key to success:

78%

of leaders say capability building is key to company's success

45%

of leaders don't have a clear plan for enhancing high-priority capabilities

80%

of leaders believe learning within their organisation's culture is vital

Team building most effective

technique intervention for significantly enhancing performance, productivity, social cohesion, satisfaction, attitude and cognitions (e.g. confidence, hope, perception of success).

Adventure Programmes & Goal Setting

had the greatest positive effect on overall team performance and wellbeing.

2-20+ weeks

team building interventions are the most successful in enhancing and maintaining performance and wellbeing.

11-30%+

increase in performance on an individual and team basis following successful interventions.

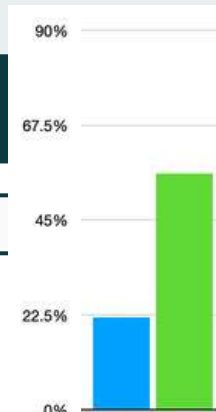
DATA FROM

Data from McKinsey & Company, Gallup, Neuman et al., 1987; Guzzo et al. 1985; Martin et al., 2009; Pain and Harwood, 2009

Five Teams' Results From Five Hours Of Brain Training Each:

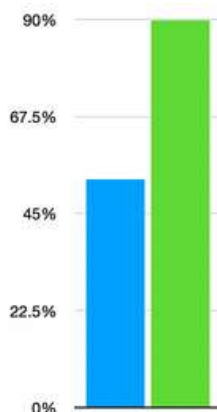
MY INNER VOICE AND SELF-TALK ALWAYS SUPPORTS ME IN LIVING MY BEST LIFE

34% IMPROVEMENT!



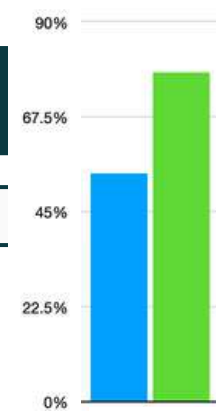
I AM ABLE TO REMAIN POSITIVE AND SOLUTION FOCUSED WHEN FACING CHALLENGES AND SETBACKS

37% IMPROVEMENT!



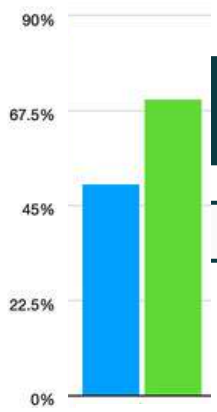
I AM VERY CONFIDENT IN MY ABILITIES TO EXCELL IN MY CAREER

24% IMPROVEMENT!



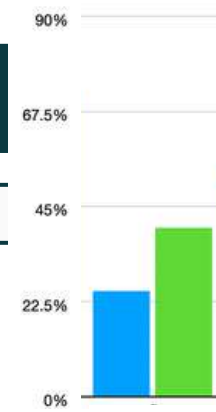
I CONSISTENTLY PERFORM TO THE BEST OF MY ABILITY

20% IMPROVEMENT!



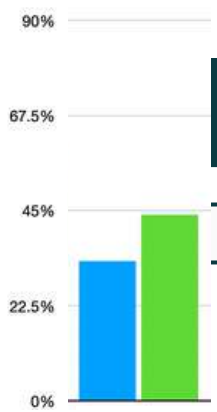
I NEVER LET STRESS OR ANXIETY FROM WORK SABOTAGE MY HAPPINESS

15% IMPROVEMENT!

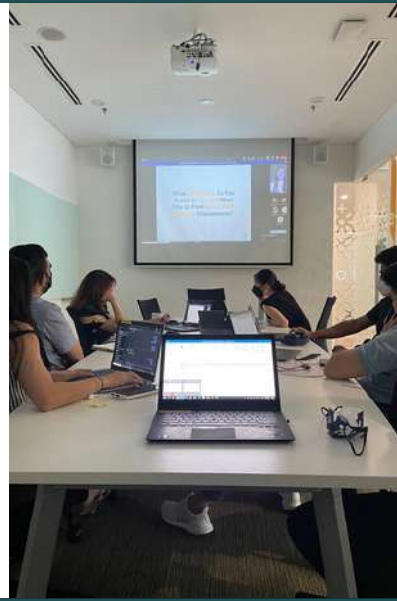


I AM REALLY GOOD AT MANAGING MY EMOTIONS

11% IMPROVEMENT!



4 Ways To Work With Us



1

ONLINE Transformational Adventure

We start with a team audit (in-depth survey and leader interviews) to pinpoint your team's greatest challenges and create a baseline from which we measure your results. All training is delivered online. The transformational adventure is tailor made; the length of each session and the whole adventure is designed for maximum impact and to fit your team's schedule.

2

IN-PERSON Transformational Adventure

We kick-off your team's journey with an audit (an online in-depth questionnaire and leader interviews) we identify the key areas for transformation and create a baseline from which we measure your improvements. All training is delivered in-person. The training content, length of each module and length of your transformational adventure is designed specifically to meet your team's needs for optimal results.

3

IMMERSIVE Transformational Adventure

Take your team into Norway's spectacular nature for an even more fun, impactful and immersive adventure! Before you come to the mountains, we take you through an in-depth team audit (online survey and leader interviews) to pinpoint the key areas for optimisation, create a baseline from which we measure your transformation and design your team's unique one to four day program.

4

COMBO Transformational Adventure

This transformational adventure is delivered online and in-person, and you can choose to kick-start your team's training with an immersive one to four day program in Norway's spectacular nature! The options for you are unlimited, it depends on your budget and your team's needs. We start this adventure with a team audit (online in-depth survey and leader interviews); think of this stage as creating a road map for your team's development journey and a baseline from which we measure your team's progress.

Immersive Team Adventure

I have teamed up with Norway's leading organiser of adventure travel, Norrøna Hvisterk, and Geilo's most spectacular hotel, Geilo Mountain Lodge, to provide you with the most epic transformational adventures.

Together, we make your team and leadership development dreams come true with tailor-made adventures.



"We really enjoyed working with Adelaide, she helped us see things that seemed obvious when we finally understood our path for the future, but that we would probably have spent a long time figuring out ourselves. She has a good way of letting others think and asking the right questions. She is very professional and at the same time friendly and easy to talk to. We're excited to partner with Adelaide and recommend her to other companies that want to move forward and get to the core of their business."



Marit Vidnes,
CEO and co-founder, Norrøna Hvisterk



DRAC GLOBAL LOGISTICS GROUP, CASE STUDY

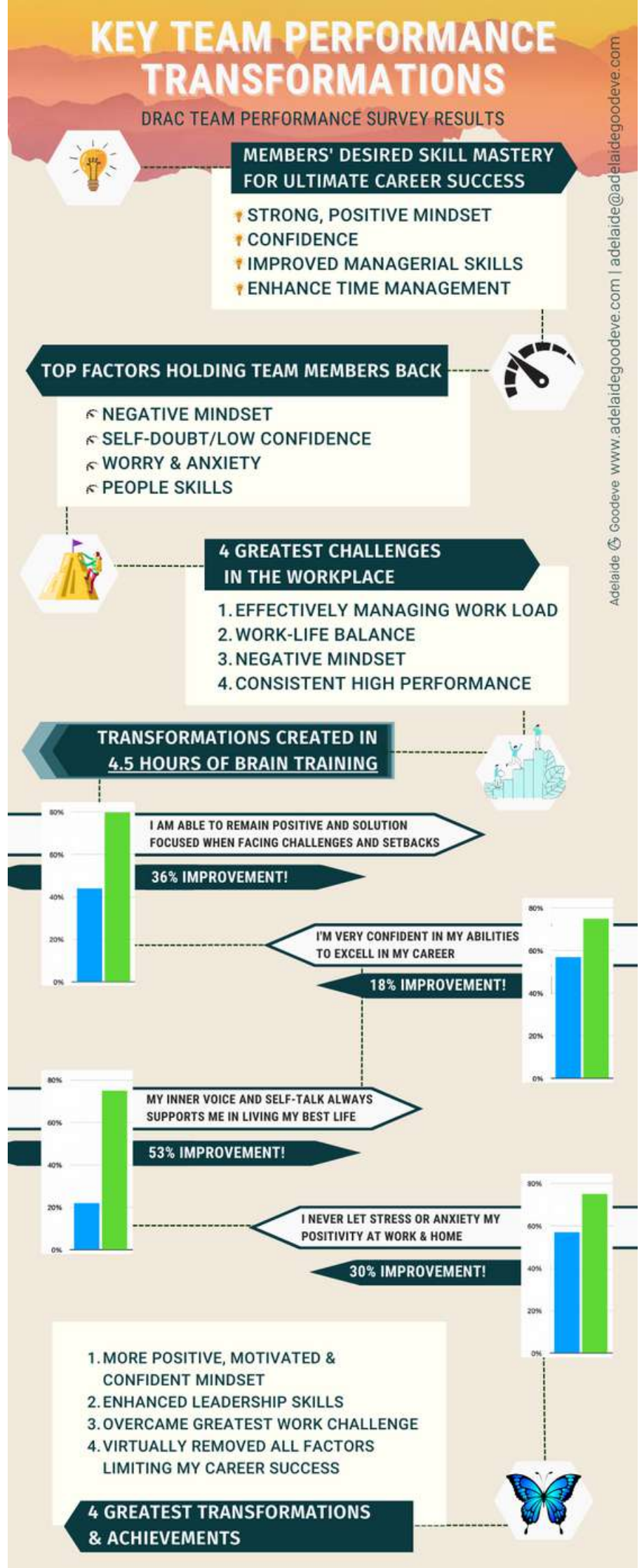
We created DRAC's first employee wellbeing program and achieved incredible results with an 8-week team development adventure, consisting of weekly live, online video 45-minute training sessions, with a complimentary workbook. All sessions were recorded for employees in video and audio.

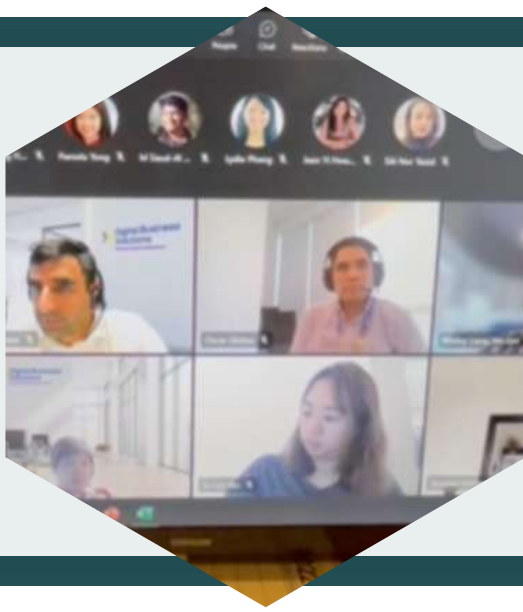
"Adelaide has done wonders for our team and I highly recommend her. Now when I walk in the office, I hear more talking and laughter. The atmosphere is lighter, positive and joyful. They're still doing their work, but with greater enthusiasm and enjoyment. It's really great to see. We are continuing to work with Adelaide."

Alex Hayes, CEO, DRAC Global Logistics Group

"Thoroughly enjoyed Adelaide's development adventure and loved her positivity. Adelaide's Ideas and techniques have helped me adapt some of my own processes to make my life more focused and this will help me achieve my life goals inside and outside of work."

DRAC Team Member





BRITISH AMERICAN TOBACCO MALAYSIA CASE STUDY

CHALLENGES

British American Tobacco, Malaysia noticed their employees' mindset was increasingly negative, pessimistic and failure-focused.

They knew highly stressed, worried and miserable workers led to low variable performance, lower profits and higher absenteeism incl. burnout - all of which they wanted to avoid. Bottom line: employee wellbeing at work wasn't at odds with their agenda.

SOLUTION

The real fix was simple: through bespoke team performance training, teach their employees how to mould their minds to become super performers, who can more easily and positively manage stressful and high pressure situations.

RESULTS

1

Enhanced Work Relationships

Workplace relationships improved, resulting the team leader and manager better able to create a thriving culture of enthusiasm and productivity.

2

Positive Mindset Installed

Equipped employees with simple techniques to stop negative thoughts and feelings, and supercharge positivity, confidence and motivation. Empowering them to better execute and advance the team's goals—and be happy while doing it.

3

Game-Changing Team Culture

Associated company's mission with wellbeing. Contributed to a positive and performance-enhancing workplace culture, by helping optimise cognitive function, positivity, performance, job satisfaction, resilience and overall happiness.

4

Next Level Mental Toughness

Provided mindset tools to help members cope with the many demands, pressures and stressors of the financial environment. During the monthly periods of high stress, it was noticed that the team performed more consistently at a high level.



VANGEN & PLOTZ NORWAY CASE STUDY

TOP 3 CHALLENGES

1. Struggling with negativity and stress, and increasing friction between team members
2. Noticed employees disengaging e.g. not turning on cameras for meetings
3. Experiencing higher than usual employee turnover and sick leave

SOLUTION

Through the Champion Audit, we identified three key areas that required transformation to create the team leader's desired results: enhanced team performance, positivity, mental toughness, job satisfaction, confidence and overall well-being. Here's what we covered:



Think Like A Champion
(cultivating positive
mindset)



Habits for Optimal
Performance &
Wellbeing



Champion Solutions
for Next Level Team
Performance

RESULTS

1

Developed Positive Performance Mindset

Learned strategies to reprogram their brains for positivity. Empowered them to consistently show up as their best selves and better manage stressful situations. Significantly reduced negative self-talk. Provided a greater understanding of how their communication impacts their colleagues, and how to communicate in a more productive way.

2

Thriving Team Culture

Created daily team building solutions e.g. installed a dart board! Noticeable enhanced positive and effective communication, and the office culture became lighter and more enjoyable.

3

Enhanced Wellbeing & Cognitive Function

Learned the importance of powerful personal and work routines, including performance-enhancing time management strategies. Changes made included going to bed earlier, eating healthier, and start and end of work day task check-in's. Overall team health and performance noticeably improved.



ROSE MEDIA GROUP UNITED KINGDOM CASE STUDY

CHALLENGES

Rose Media Group is a small high performing team; however, after covid they were struggling with lower levels of positivity, productivity and team connectedness. They wanted to reinvigorate their team and cultivate a more positive and energizing culture.

SOLUTION

We designed the team's Champion training with the whole team to ensure everyone felt valued and empowered to transform their mindset and extend their potential, both inside and outside of the office. Here are the three modules they chose:



Think Like A Champion
(cultivating a positive
mindset)



Habits for Optimal
Performance &
Wellbeing



Motivation On
Demand

RESULTS

1

Supercharged Team Wellbeing

Learned strategies that helped them to supercharge positivity, confidence, calmness, resilience and happiness. Reduced negative feelings and thoughts incl. stress and self-doubt. Empowered to execute their goals in more enjoyable, motivated and relaxed ways, and not bring work home.

2

Turbocharged Team Performance

More positively and productively handled challenging clients and situations; more effectively and efficiently prioritized work and approached projects; maintained high levels of focus and productivity.

3

Positive & Performance-Enhancing Culture

By enhancing their self-awareness and holding each other accountable in wonderful ways, they were empowered to enhance the company's positive and performance-enhancing culture, and better equipped to smash their individual and team targets!



"We needed an uplift, build the team's confidence and reinvigorate the feeling of being a team. Adelaide understood how we could transform our mindset to solve our challenges, and trained us on being Champions and a Champion team brilliantly!"

Aneela Rose,
Founder & Director, Rose Media Group

Adelaide  Goodeve

Meet Your Brain PT & Transformational Guide:

Adelaide  Goodeve



Hi! I'm Adelaide, I guide teams and leaders on transformational adventures to achieve their highest potential.

Brain training enabled me to make the impossible my reality - if you don't believe me, check out [my story here](#).

What most mindfulness and team building programs don't tell you, is that your brain is plastic. It changes grows and develops as a result of how you use it.

By exercising the right neuropathways you activate and strengthen your desired thoughts, feelings, behaviours and responses. Equally, the less you use those negative and unhelpful pathways, the weaker and weaker they become.

In other words, by learning how to cultivate a team and individual member mindset for ultimate performance and wellbeing, they'll be able to maintain a united and resilient front under high pressured, fast-changing conditions.

Research shows the most successful teams cohesively work together towards a common goal/purpose, and continuously optimise their team and individual mindset for performance and wellbeing. Will you invest in a transformational adventure to take your team's success to the next level?



"Adelaide worked with us on nerdy things. We needed to bond better as a team and complete assignments more efficiently, effectively and enjoyably. I've seen real progress. This stuff may seem strange at first, but it works!"

Pål Messenlien

Senior Team Leader, Vangen & Plotz, Norway



WOULD YOU LIKE
TO EXPERIENCE
HOW I TEACH?

Welcome to Adelaide's Brain Gym!

Join Adelaide's Brain Gym now (it's free!) and workout to the Breakthrough To Your Best Life limited podcast series!

In five brain training workouts you'll learn how to leave the old familiar you behind and bring into your reality your best self with all of your goals and dreams.

Join today, so you're waking up tomorrow with a bright smile and your feet are hitting the ground with energising positivity, gratitude and excitement for the day ahead.

[Sign up here.](#)



"I was keen to change my habit of feeling anxious and impatient in building my business. The nagging negative voices seem to throw me off course .

I already feel [through your podcast] I've shifted into a new position of taking control...I'm definitely more aware of my own inner voice now and working hard to change the default defeatist tone to a more confident one.

...thanks in no small part to your solid, kick ass attitude to dealing with this unhealthy human flaw. This is a much needed resource for humans."

Jason, Finance Professional & Business Owner

Your Team's Time Is Now



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