

DO YOU NEED SOME

food for thought



Looking for bite-sized development topics to nourish the minds of your team? We have options guaranteed to tickle your taste buds.



Benefits of hosting a Food for Thought session?

Hosting a Food for Thought session for your team can be a beneficial and effective way to foster a culture of continuous learning, improve team dynamics, and enhance productivity.

Knowledge Sharing: Food for Thought sessions allow team members to share their experiences and knowledge with colleagues. This promotes a learning culture and helps team members learn from one another.

Skill Development: You can use Food for Thought sessions to focus on specific skills or topics relevant to your team's work that can enhance their job performance.

Team Bonding: Sharing a meal while learning can create a relaxed and informal atmosphere, which helps build stronger relationships among team members. It encourages open communication and collaboration.

Efficient Use of Time: By scheduling the session at a time that works for your business, you can utilise an occasion when the team is already gathered. This ensures minimal disruption to their workday while maximising the learning opportunities.

Increased Engagement: Providing opportunities for learning during work hours shows that you value your team's growth and development. This can lead to increased engagement and motivation among team members.

Boosted Morale: Offering a break from the regular routine with a learning session can uplift team morale. It demonstrates that you invest in their professional development and well-being.

Cost-Effective Learning: Food for Thought sessions are usually cost-effective, utilising existing resources like meeting spaces and meeting times. This makes it a budget-friendly way to facilitate learning.



How to host a Food For Thought session

Hosting a successful Food for Thought session in your workplace involves planning, effective communication, and engaging content. Here's a step-by-step guide to help you organise and host a productive session for your team:

Identify Objectives and Topics: Determine the session's purpose (skill development, team building, personal development) and select a relevant topic.

Survey Interest and Availability: Gauge interest in potential topics and find a suitable time for most team members.

Schedule and Reserve a Space: Choose a convenient date and time and reserve a meeting space or area where everyone can comfortably gather.

Organise the Speaker: Organise the Strawberry Seed team well in advance to ensure we are available when needed.

Promote the Event: Create promotional materials (fliers, emails, e-invites) to inform and invite team members to the session. Communicate the topic, date, time, and location.

Arrange for Meals or Refreshments: Coordinate catering or meal arrangements if providing food. Ensure dietary preferences and restrictions are considered.

Prepare Materials and Equipment: Make sure the presenters and attendees have all the materials, A/V equipment, or presentation tools required for the session.

Plan the Agenda: If the session is part of an existing team day or meeting, pick the right slot for the topic selected.

Feedback and Improvement: After each session, you can gather feedback from the team to assess the session's effectiveness and seek suggestions for future sessions.



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