

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.

What are the Food for Thought sessions?

They are bite-sized learning opportunities that effectively promote continuous learning, collaboration, and team building that can be held at a time that works best for your business. Designed to allow your team to learn and discuss various topics related to their work, industry, personal development, or other relevant subjects. Sessions usually last for an hour or so, fitting within a typical lunch break or whenever you choose.

Who are they for?

Food for Thought is for any business focused on its people's continuous growth and development.

Whether you are a small business looking for an intimate, in-person team-building session over a meal or a large company seeking sessions that can be delivered at different times online, we have a topic for everyone.

How do they work?

You can choose to hold your Food for Thought session online or onsite. Our team is flexible and can work with you to make it work for your unique needs.

Not everyone can have their whole team come to a stop at the same time during business hours. Holding a Food for Thought session is completely up to you and what works best for your circumstances!

- Schedule an evening pizza session
- Host a lunch and learn
- Start the day with a morning breakfast briefing
- Add it to the agenda of your team development day

What topics can you choose from?

- **Leadership: More than just a title** – No matter your title, we can all be leaders in the workplace
- **If I could turn back time** – Tips and tricks to improve your productivity and time management.
- **Improve team collaboration (or how to play nicely in the workplace)** – Ideas to work better with each other for the whole team's benefit!
- **Thriving at Work: Mastering Healthy Habits** - how to create healthy habits at work
- **Mental Health** – We have a range of Mental Health related topics to choose from.

What do they cost?

Food for Thought sessions can be delivered online or in person without a limit to how many employees can attend. Online sessions can be recorded and made available for one week after the session.

We can deliver your choice of topic for your team for **\$400 plus GST**.

Note: additional costs may apply for in-person sessions, depending on location.

How to book?

We will be continually adding topics to our Food for Thought series so reach out to the Strawberry Seed team to discuss the options available for your business. Have a specific topic you would like addressed for your team? We may be able to put something together just for you!

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