



TEAM AWAY DAY

DESIGN AND FACILITATION

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Lucy's approach was very open and honest, leveraging personal experience to ground some of the suggested approaches. Rather than a classroom type approach it felt like a team session where everyone was included and comfortable to engage.

Nikki Garman, Head of Trading, The Royal British Legion

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Working with Jen is a pleasure. She's very responsive in the planning stages and confident and capable facilitating a room full of diverse colleagues. She recently ran a team coaching day for my globally dispersed team who had only just met, focusing on agreeing effective ways of working together. She got great results in a short space of time.

Michael Mapstone, Director of Global, Charities Aid Foundation

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Unlike many away days I've been on, this really focused on the people and relationships needed to help our team deliver its goals. I would highly recommend working with Lucy and Jen!

Feedback following an away day at Christian Aid, April 2022

Lucy Gower and Jennifer McCanna are a sought-after training and facilitation partnership for the design and delivery of team away days that help people think clearly and have honest conversations that build trust so the team move forward together - particularly during periods of change, growth or transition.

Areas of specialism include innovation and creativity, communication and working relationships, resilience and energy management, team effectiveness, and leadership and management skills. Whether your team is navigating a restructure, realigning after a period of rapid growth, or simply needs space to reconnect and think - Lucy and Jen create the conditions for real progress.

How we work with you - the process:

- Meet you (via Teams or Zoom) to get clear on the purpose of the day and what the team want to be different as a result of a day together (often teams have so much they want to cram in. It's our job to help you work out what's the most important thing to focus on!)
- We design the day based on your objectives and your insight into what has (and has not) worked in the past.
- We liaise with your internal project team (whoever your end is responsible for venue booking, invites, catering.) We'll work closely with them in the run up and on the day to ensure everything goes smoothly.
- We deliver the day so you can participate fully and enjoy it. We take the stress away!
- We don't just leave you with a wall of post it notes. We can write up a summary of reflections and actions, if needed, and we offer all clients a debrief call to share observations and help you plan what happens next to maximise the outcomes of the day.
- Some teams continue to work with us after the team day, for example coaching or action learning sets to ensure we maximise the outputs of the day.

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Congratulations on such a fabulous day. The content was pitched perfectly, the engagement was really high. I thought the facilitators were wonderful as well. Such a brilliant team away day.

(Unprompted feedback to one of our clients from a senior stakeholder)

If you'd like to have an informal chat about how we can help you and your team think clearly, connect and make more impact - email jennifer@mccannacoaching.co.uk or lucy@lucidity.co.uk. We look forward to hearing from you.



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Jennifer perfectly balances a friendliness which puts everyone at ease with a focus on the task at hand which ensures things get done.

Brendan Walsh, Managing Director, Bowland Solutions

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Working with Lucy was fantastic – she brings so much energy and passion to everything that she does and has a wealth of experience to draw on to help everyone on the course.

Laura Foy, Senior Partnerships Executive, Great Ormond Street Children's Charity

Costs:

Costs are dependent on the brief, size of team, travel and preparation time needed.

For small teams it is possible to book just Lucy or Jen, but for teams of 15 plus we recommend two facilitators, especially if your usual work pattern is remote/hybrid, and your team come together in person less frequently.

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*I had the pleasure of working with Lucy and Jen for our first full team away day following the pandemic. Lucy and Jen worked closely with our Head to create a day which was **people-centred, comfortable and fun**. The day was **well planned and included a wide range of exercises and activities** to help us all build relationships and get creative. I would highly recommend working with Lucy and Jen!*

It was great to have such honest, open facilitators which created a great atmosphere for the day.

Feedback following an away day at Christian Aid, April 2022

WHO ARE WE?



Lucidity

Lucy Gower works with senior leaders in values-driven organisations to think clearly, decide confidently and bring their people with them - especially when navigating change or uncertainty. She is a facilitator, trainer and speaker, author of the bestselling *Innovation Workout* and *How to Have Confidence at Work*, and co-host of the *Quiet Leadership Revolution* podcast. Lucy also runs *Lucidity Learning* - practical online leadership development tools, training and resources for leaders and their teams. **Lucy's recent team away day clients include: Pancreatic Cancer UK, Coeliac UK, The Royal British Legion and World Cancer Research Fund.**

www.lucidity.org.uk

You can follow Lucy on LinkedIn [@Lucy Gower](#)



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MCCANNA COACHING

Jennifer McCanna, PCC is a leadership coach who has worked with global, national and local organisations since 2011. As a Resilience Dynamic® and EFT practitioner, she creates thoughtful, energising spaces for leaders and teams to strengthen relationships and gain practical tools to navigate change and manage energy. She also hosts the **My Emotional Work Life podcast**.

Jen's recent team away day clients include: University of Sheffield, Versus Arthritis, Elysium Healthcare and Pancreatic Cancer UK.

www.mccannacoaching.co.uk

You can follow Jen on LinkedIn [@Jennifer McCanna PCC](#) and on Instagram [@jen_the_leadership_coach](#)