



REST & RECOVER

Reconnect and Re-energize Together.

What is our Rest & Recover workshop?

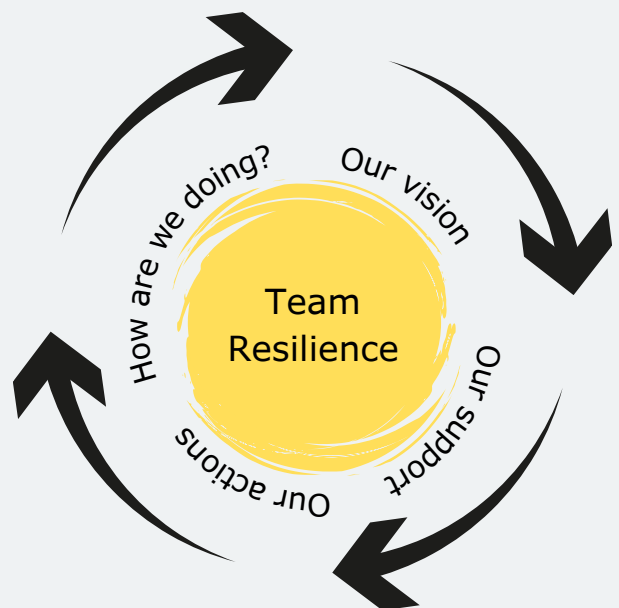
In times of challenge or when the daily grind has tested your team's resilience, it's vital to pause, regroup, and re-energize together. Just like any strong relationship, taking time for rest and recovery as a team is essential for deepening bonds and boosting morale.

Our Expedition Rest & Recover session is designed to cultivate genuine engagement and connection within your team.

Within the 3 hour virtual session, the team will experience activities that:

- Encourage team members to connect in a safe and trusting environment.
- Share their experience on the team.
- Establish a support system that transforms obstacles into opportunities for growth.
- Envision their joint future success.

After this short journey of renewal, your team will have built trust and feel better connected, readier to face their ongoing and new challenges be re-energized to work towards a future vision together. They will not just survive, they'll thrive once again.



In brief:

3-hr workshop.
5-15 Team members.
Delivered virtually.



What and Who is TeamInQ?

TeamInQ is the power of your team's intelligence. It's the competitive advantage of focusing on the whole system of stakeholders and not just its parts.

As a leader, focusing on your team as a dynamic system is essential because teams are more than just a group of individuals—they are interconnected networks that influence each other's performance.

By embracing relationship systems thinking, you can better understand the patterns and interactions within your team, allowing you to foster trust, resolve conflicts more effectively, and build a culture of shared accountability.

This perspective will help you lead a high-performing, agile team that adapts to challenges, embraces change, and continues to grow together, making you a more effective and influential leader.



At TeamInQ, we envision a world where people find genuine joy and purpose in their work—not by chance, but by design. Our goal is to help individuals and teams unlock their potential by understanding that lasting success is rooted in strong, supportive relationships.

Founded by Dóra Ligárt and Lena Peller, two dedicated Leadership and Team Coaches with nearly 50 years of combined experience, TeamInQ helps global organizations transform their approach to teamwork. We believe that when people come together as resilient, high-performing teams, they don't just achieve more—they flourish.

Our mission goes beyond enhancing performance; it's about placing human connection at the core of every team. By fostering workplaces where people feel valued, empowered, and inspired, we create environments where individuals can bring their best selves every day, building extraordinary teams that thrive together.

Curious? Contact us!

You have questions or are curious about our Rest & Recovery workshop and what Team Intelligence can do for your team? Contact us! We are looking forward to meeting and brainstorming with you!

Team.In 
The Power of Team Intelligence.

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