



TEAM DEVELOPMENT WORKSHOPS & KEYNOTES

- Duration and content can always be tailored to your team, objectives and event -

**HUMANIC
GROUP**

AKTIV ARBEJDSLIVSGLÆDE

UNDERSTAND YOURSELF & YOUR TEAM

BUILD STRONGER COLLABORATION BY UNDERSTANDING INDIVIDUAL DIFFERENCES AND BEHAVIORS!

Workshop: 2–3 hours (can be adapted into a shorter keynote or a full-day course including teambuilding activities)

Team Insights & Self-Awareness for High-Performing Teams

Strengthen communication, trust and collaboration by deepening self-awareness and understanding individual differences within your team. Build a culture based on respect, psychological safety and appreciation—creating the foundation for stronger teamwork and long-term performance.

Build psychologically safety and high-trust teams

Understanding the behavioral patterns is key for team success and psychological safety. In today's workplace, effective collaboration depends on how well we understand different behavioural preferences, perspectives and communication styles. These differences can lead to friction—but when understood, they become a powerful driver of team performance and organisational success.

This workshop helps participants develop greater self-awareness while gaining insight into how colleagues perceive and approach everyday situations differently. Using real workplace examples, it creates engaging discussions, practical insights and powerful “aha” moments that improve team dynamics.

Build stronger teams through understanding

Designed for leaders, HR professionals and teams, this session supports long-term team development by fostering trust, respect and a shared understanding of individual strengths. The result is improved collaboration, engagement and sustainable performance.

Insights Discovery® & Everything DiSC®

We use globally recognised personality profiling tools such as Insights Discovery® and Everything DiSC® to strengthen self-awareness and team effectiveness. As an accredited partner, Humanic Group provides individual profiles and in-depth team reports.

Workshops can be combined with additional teambuilding concepts to further enhance learning and impact.



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THE FIVE BEHAVIORS of a cohesive team[®]

BUILD A HIGH-PERFORMANCE TEAM CULTURE AND PSYCHOLOGICAL SAFETY THROUGH A PROVEN METHOD

Workshop: 2–3 hours (can be adapted into a shorter keynote or a full-day course including teambuilding activities)

The five levels of high-performance teamwork

Gain a practical and applicable understanding of the five key levels of effective team collaboration, based on Patrick Lencioni’s bestselling model *“The Five Dysfunctions of a Team”* and supported by the Everything DiSC[®] personality assessment tool developed by Wiley & Sons. This team development workshop is designed for leaders, HR professionals and teams who want to take collaboration, trust and performance to the next level.

Functional vs. dysfunctional teams

In today’s workplace, teams are exposed to constant flows of information. Individual perception, behavioural preferences and communication styles vary significantly—and these differences are often the root cause of misunderstandings, miscommunication and conflict. However, when understood and managed effectively, these differences become a key driver of team performance, innovation and organisational success.

Understanding and insight as the foundation of team success

High-performing teams are built on self-awareness and a deep understanding of others. This workshop develops the understanding of the concepts and for psychological safety, trust and performance.

By exploring how team members interpret the same situations differently. Using real workplace examples, we work with your everyday challenges to create strong learning moments, increased self-awareness and valuable “aha” insights that improve collaboration and wellbeing.

The foundation for strong, effective teamwork

This workshop is designed for teams and organisations seeking structured team development. The workshop builds a foundation based on trust, respect, psychological safety and appreciation of individual differences.

Insights Discovery[®] or Everything DiSC[®] for deeper team development

Personality profiling tools such as Insights Discovery[®] and Everything DiSC[®] are highly effective in supporting the Five Behaviors framework. Humanic Group delivers both individual profiles and team reports.

Workshops can be combined with additional teambuilding concepts to further enhance learning and impact.

INSIGHTS DISCOVERY® TEAM WORKSHOP

GAIN INSIGHT INTO YOUR PERSONALITY TYPES AND APPLY THEM ACTIVELY IN TEAM COLLABORATION

Workshop: 2–3 hours (can be adapted into a shorter keynote or a full-day course including teambuilding activities)

Workshop Based on Personality Profiling for Team Development

This team development workshop is designed for organisations that already use—or are planning to implement—personality profiles using Insights Discovery®. Humanic Group is an accredited partner and supports both the profiling process and the follow-up development for leaders and employees, ensuring practical application in everyday team collaboration.

Active and engaging team development

The workshop provides a deeper understanding of personality types and behavioural differences within your team. Participants gain valuable insight into their own and colleagues' working styles, communication preferences and behavioural patterns. The session combines theory with practical exercises, creating an engaging and interactive learning experience.

The workshop is both insightful and enjoyable, highlighting individual strengths as well as potential blind spots. Everyone has natural talents—and natural behavioural “blind spots”—which often become most visible under pressure or during busy periods.

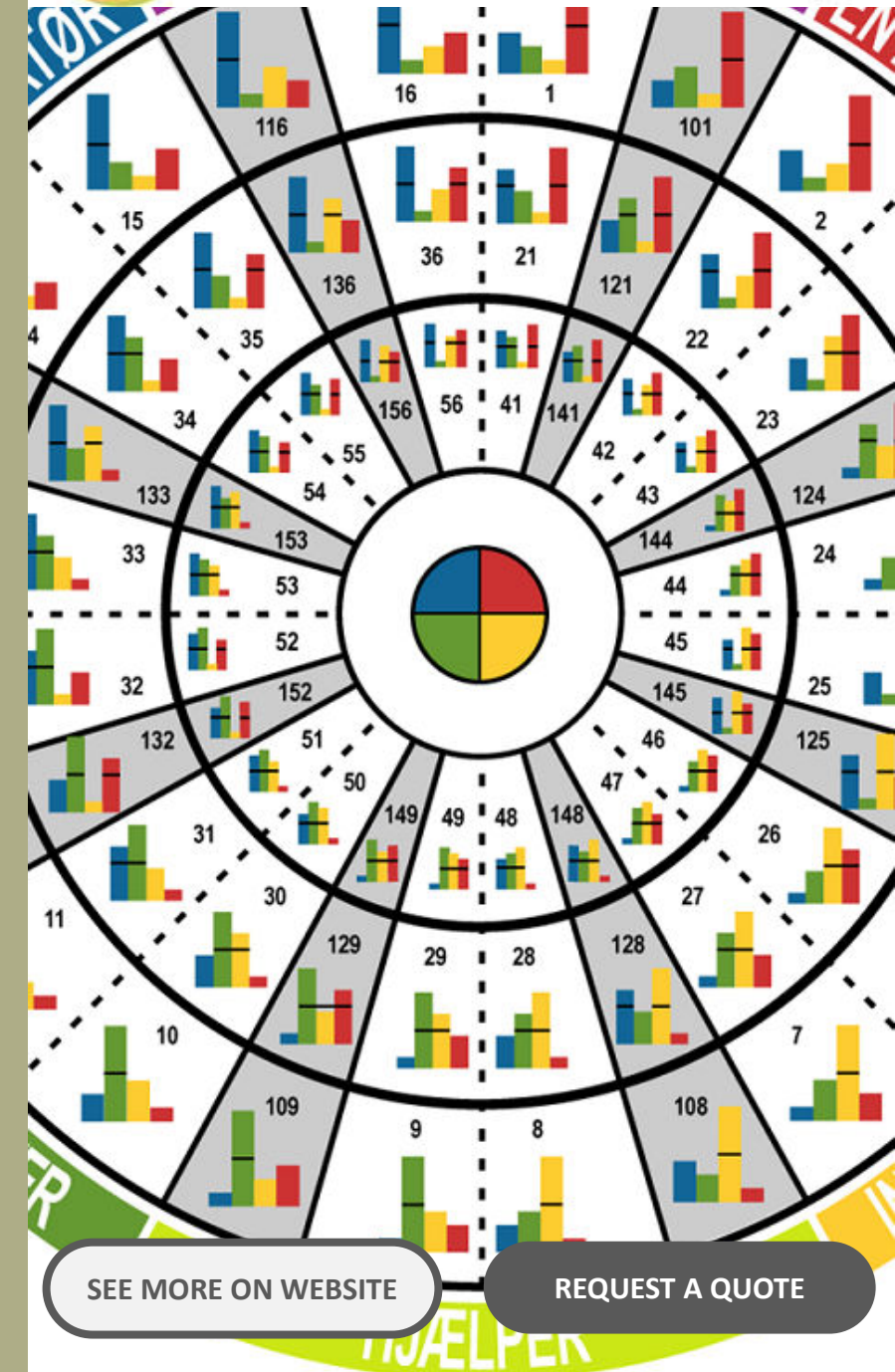
Understanding communication styles and team behaviour

This workshop strengthens awareness of communication habits and behavioural dynamics, improving collaboration, trust and psychological safety within teams. The learning experience is relevant, practical and directly applicable to daily teamwork, making it valuable for both individual development and overall team performance.

Personality profiling with Humanic Group

If your organisation has not yet completed Insights Discovery® profiles, Humanic Group can facilitate the full process, including individual reports for each employee. We also offer optional one-to-one coaching sessions to support leadership development and long-term behavioural change within teams.

Your workshop or keynote can be combined with additional experiential team development and teambuilding concepts for a stronger and more impactful learning experience.



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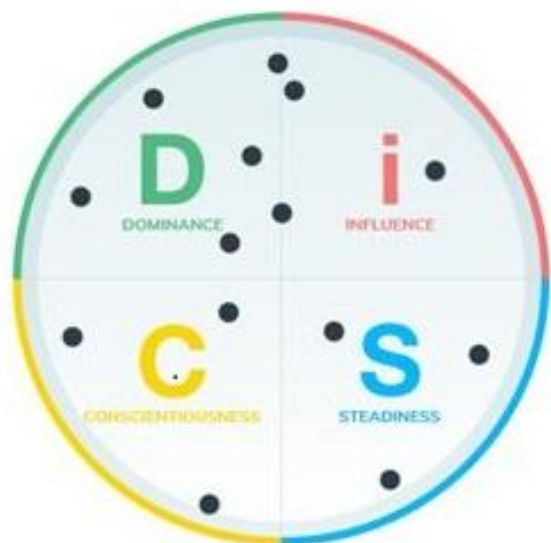
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D Dominance

i Influence

S Steadiness

C Conscientiousness



It's not all about me.

icprofile

EVERYTHING **DiSC**
WORKPLACE®

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EVERYTHING DiSC® TEAM WORKSHOP

RECOGNISED AND EASY-TO-USE PERSONALITY TOOL FOR TEAM DEVELOPMENT

Workshop: 2–3 hours (can be adapted into a shorter keynote or a full-day course including teambuilding activities)

Workshop Based on Personality Profiling with Everything DiSC®

Our DiSC team development workshop is designed for organisations that already use—or are planning to implement—Everything DiSC® personality profiling. Humanic Group is a certified provider of DiSC profiling and facilitates workshops for workplaces focused on strengthening collaboration, communication and team performance. The programme is relevant for both leadership teams seeking deeper behavioural insight into their own teams, and employee teams aiming to improve cooperation, trust and day-to-day communication.

Active and engaging team development based on individual differences

This workshop provides a deeper understanding of personality types and behavioural differences within your team. Participants gain valuable insight into their own and colleagues' DiSC styles, behavioural preferences, communication patterns and typical reactions in different workplace situations. The session combines theory, dialogue and practical exercises to create an engaging learning experience that strengthens both understanding and team energy.

Stronger relationships and improved collaboration

Everything DiSC® is a highly effective and easy-to-apply tool for organisations seeking to improve collaboration, communication and psychological safety across teams and departments. Participants gain a clearer understanding of themselves and others, including awareness of behavioural strengths, blind spots and potential challenges—as well as their unique strengths and contributions to team performance.

DiSC profiling with Humanic Group

If your organisation has not yet completed Everything DiSC® profiles, Humanic Group can support the full process, including detailed individual reports for each employee. We also offer optional coaching sessions and follow-up team workshops to ensure long-term impact and behavioural change.

Your workshop or keynote can be combined with additional experiential team development and teambuilding concepts for a stronger and more impactful learning experience.



TEAM EFFECTIVENESS

IMPROVE PERFORMANCE WITH PROVEN TEAM DEVELOPMENT METHODS

Workshop: 2–3 hours (can be adapted into a shorter keynote or a full-day course including teambuilding activities)

UNDERSTAND THE DYNAMICS OF HIGH-PERFORMING TEAM PERFORMANCE

A strong team culture is defined by the behaviours that emerge when people work and create results together across differences in personality, perspective and working style. This applies equally in elite sport and in the modern workplace.

This Team Performance programme provides an active and inspiring insight into the mechanisms behind effective team performance. Drawing on established team development theories and elite sports performance principles, it enables teams, leaders and organisations to view themselves from a performance and collaboration perspective.

TRUST AND WELLBEING AS THE FOUNDATION

High-performing teams that succeed over time share a common foundation: trust, respect for differences and strong workplace wellbeing. Participants are invited to reflect on current strengths and identify areas for further development. The session is engaging and insightful, using humour and real-life workplace dynamics to highlight typical behaviours that emerge under pressure.

THE SHARED GOAL

When teams struggle, alignment around the shared goal—and especially the path to achieving it—is often the first thing to break down. This session explores techniques to strengthen a common language, improve communication and create the conditions for effective collaboration.

PRACTICAL EXERCISES LINKED TO TEAM DEVELOPMENT PSYCHOLOGY

The workshop combines theory with practical, interactive exercises to bring team development concepts to life. Key themes include: differences within teams, barriers to effective teamwork, team life cycle, team cohesion, communication under pressure, team flow and core principles of successful teamwork.

Your keynote or workshop can be combined with additional experiential team development and teambuilding concepts for greater impact.

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BIOHACK DIT ARBEJDSLIV

TECHNIQUES FOR EVERYDAY USE: IMPROVE MENTAL & PHYSICAL PERFORMANCE AND WELLBEING

Workshop: 2–3 hours (can be adapted into a shorter keynote or a full-day including teambuilding activities)

METHODS FOR IMPROVED WELLBEING, MENTAL CLARITY & PHYSICAL PERFORMANCE

Boost employee wellbeing and performance with “Biohack Your Work Life” methods. This interactive workshop helps participants unlock their performance potential and strengthen both physical and mental health through practical, science-based biohacking techniques for everyday working life.

We introduce insights from neuroscience, neuromanagement and biohacking research—not only explaining how these methods work, but also why they are effective from a scientific perspective.

Learn from elite performance principles in sport and business

Many biohacking and neuromanagement techniques have been used in elite sports for decades, both in team and individual performance environments. Today, these methods are increasingly applied in business to improve focus, resilience and sustainable high performance at work.

Participants are guided through practical techniques that can be easily integrated into the working day, supporting improved mental clarity, cognitive performance, memory, learning capacity and overall wellbeing.

Scientifically proven methods for workplace performance and wellbeing

This session combines established and emerging approaches to integrating movement, mindfulness and stress management into the workplace. The workshop blends scientific insights with hands-on exercises, making it easy to adopt small but powerful habits that increase energy, focus and cognitive performance.

Topics and practical techniques include:

- Breathing techniques for focus and stress regulation
- Mental training and visualisation
- Muscle tension vs. relaxation awareness
- Emotional reset techniques
- Cognitive reset techniques
- The power of the “law of attraction”
- Light therapy & aromatherapy for brain health
- And much more

A healthier, happier and more high-performing working life can start here.



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PRICING

- Alle prices are ex. VAT



WORKSHOPS & KEYNOTES

Inspiring Team Performance Keynote

60 minutes

DKK 9.500,- total

Engaging Team Performance Workshop

3.5 hours – up to 15 participants

Additional participants

DKK 12.800,- total

DKK 550,00 per person

Full-Day Course incl. Teambuilding

7 hours – up to 15 participants

Additional participants

DKK 17.000,- total

DKK 650,- per person

WE ALWAYS CUSTOMISE OUR KEYNOTES AND WORKSHOPS

AND ARE HAPPY TO PROVIDE A NON-BINDING PROPOSAL

PERSONALITY PROFILING

Insights Discovery® Personality Profile

Personality Profile Report

DKK 1.850,- per person

1:1 Personal Review Session (1 hour)

DKK 350,- per person

Everything DiSC® Personality Profile

Personality Profile Report

DKK 1,250.- per person

1:1 Personal Review Session (1 hour)

DKK 350.- per person

COMBINED PACKAGE SOLUTION

Personality Profile + 1:1 Review Session + Team Workshop

15% package discount on listed prices (minimum 15 participants)



HUMANIC GROUP

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