

THE FUELGOOD EXPERIENCE

A two-day tailor-made workshop for
the Executive Leadership Team
of [REDACTED]

*Igniting Curiosity
Sparking Connections*

PROVIDED AND FUELED BY:



FUELBOX

WHAT is THE FUELGOOD EXPERIENCE

The Fuelgood Experience (TFE) is a two-day TEAM CONNECTION & RELATIONSHIP workshop designed to blow your mind, open your heart and challenge your existing mind set for deeper connections and improved relationships.

We will facilitate a learning process working with body, mind and soul to ignite your growth and set you off to reach your full, connected potential, bringing your private and professional relationships to the next level.

Get ready for ignition!

With curiosity and openness, we will share stories and use techniques that will expand your connection awareness to both self and others. You will have to be courageous and we will secure a safe environment for you to pause, reflect, listen and share.

We believe strong and healthy relationships is at the core of human needs and essential to live a fulfilled and happy life. With this in mind we will deliver a TEAM workshop where the outcome allows you to reconnect with deep wisdom and bring useful new insight to the surface for increased self awareness and improved relationships.

During the two-day team workshop some serious transformation will take place, and we can assure you that the process is driven by creativity and playfulness to help integrate new awareness, sparking connections all the way!

The Fuelgood Experience providers,
Mari S. Espedal & Berta Lende Røed
Norway, 19.09.18



WHY THE FUELGOOD EXPERIENCE

██████████ has already used FuelBox with very positive experiences and feedback. The different boxes have helped develop and improved face-to-face communication allowing for more interpersonal knowledge and understanding, resulting in improved team dynamics and potentially a stronger company culture and better understanding of the company values.

With the Fuelgood Experience, we have developed the FueBox Concept to the next level, building on the very core: Strengthening connections and building stronger and deeper relationships.

Face-to-face communication combined with techniques to open up hearts will be the focus areas when working with teams delivering the Fuelgood Experience.

In addition to FuelBox, we will be using tools like the Enneagram to learn more about individual and team motivation, detecting strengths and potential development areas, and also Points Of You (PoY) for visualization and creativity when diving in for increased self-awareness.

All the face-to-face techniques and the heart-to-heart focus will forever connect all participants to a sense of connectedness and help build a united Tribe.

For additional Enneagram and Point Of You information, please see:

<https://www.integrative9.com>

<http://www.points-of-you.com>



TOPICS AND TECHNIQUES in THE FUELGOOD EXPERIENCE

FUELGOOD EXPERIENCE TOPICS



FUELGOOD EXPERIENCE TECHNIQUES



TFE PROGRAM

Please note under is just an example and a starting point for a true tailor-made workshop addressing the core needs for [REDACTED]. Pauses with music will be held throughout the two days to kick-start reflection and deepening the learning. Also relevant FuelBox questions will be hand picked and used frequently during the workshop. The learning process is dynamic, meaning program can change slightly based on development and needs.

Enneagram profiles should also be used for deeper self-awareness and growth.

DAY 1:

0830-0900	Coffee and welcome to TFE, Mari
0900-0915	Stretching & breathing, Berta (activity)
0915-0945	Curiosity, a cultural building stone - Wakening the unconscious wisdom for learning and growth (PoY activity)
0945-1045	Enneagram profiles, Mari
1045-1115	Igniting curiosity, storysharing in small teams, Mari (activity)
1115-1145	Coffee
1145-1245	The value of authenticity, Enneagram profiles and team awareness, Mari
1245-1400	Lunch
1400-1530	Faceless pictures – who are you and how do others perceive you, Team (PoY activity)
1530-1615	Finding the Happiness formula within, Berta & Mari (storysharing + FuelBox activity)
1615-1630	Coffee
1630-1800	"Company profile picture" – Different experiences, different perspectives, Team (PoY activity)
1800-1830	Vulnerability from both a team and customer perspective. From failure to growth to wisdom, Mari (mindful group conversation)
1900-2100	Dinner
2100-2230	"I wish someone would ask me this", Berta (FuelBox <i>fireplace</i> activity)

DAY 2:

0830-0845	Coffee
0845-0900	Stretching & breathing, Berta
0900-0915	Reflection & sharing time, Mari
0915-1015	"Photo Album" – A challenge or a gift in disguise?, Mari (PoY activity)
1015-1215	Who are you as a team and what do you want? Mari (visualisation activity)
1215-1315	Lunch
1315-1500	Vision board manifestation, step 1, Team (different teams to present)
1500-1515	Coffee
1515-1600	Wisdom sharing, Mari (mindful group conversation)
1600-1615	Closure

WHO are the FUELGOOD FACILITATORS



MARI S. ESPEDAL

Mari is the main facilitator and also responsible for the development and execution of THE FUELGOOD EXPERIENCE together with co-creator Berta Lende Røed.

Mari has great international insight and over 25 years of significant international leadership experience working in cross cultural corporate environments with people and performance development, global branding/communication and innovation.

Today she lives in Norway and holds several international positions to help people connect to themselves and others to reach their true, authentic potential. She advise, mentor and consult global corporate executives and teams, and international start-ups.

Having lived over 10 years internationally – in both east and west, Mari has great cultural awareness and a strong curiosity to always learn and understand more. She also has the ability to listen deep and to ignite and impact connectedness and connections with her energy and presence.



BERTA LENDE RØED

What started out with Berta missing the great conversations she used to have with her husband, has resulted in a whole concept of many different FuelBoxes that you will find in schools, institutions, and corporate organisations all over the world.

Berta lives in Norway with her husband and four children. She has worked with communication, leadership training, sales and innovation in different organisations for more than 20 years.

Today Berta is CEO of Fuel It AS, the company behind FuelBox and The Fuelgood Experience. Because of her work with FuelBox she was a finalist in Female Entrepreneur of The Year 2016. She is an inspiring public speaker and passionate about reconnecting people face-to-face for improved relationships and performance.

WHEN and WHERE DATE and VENUE

DATE

Two days, January/February

VENUE

Cavallo Point, San Francisco

This small and beautiful boutique hotel is perfectly located on the green outskirts of San Francisco, overlooking the Golden gate.

The intimacy and surroundings of the hotel allows us to connect even deeper, being close to nature and the ocean. The individual rooms are tranquil and invite for reflection, and the team rooms are comfortable and good sized for a team of 15-20 people.

<https://www.youtube.com/embed/vjguy3Kce1E>

