

TF THE FUNDAMENTALS

23/24
Brochure

ENGAGE.

EDUCATE.

ENJOY.



The Fundamentals is a company specializing in personal and team development. Workshops include a suite of activities to develop goal-setting, teamwork, awareness and leadership. All workshops can be tailored to suit specific group objectives.

www.thefundamentals.ie



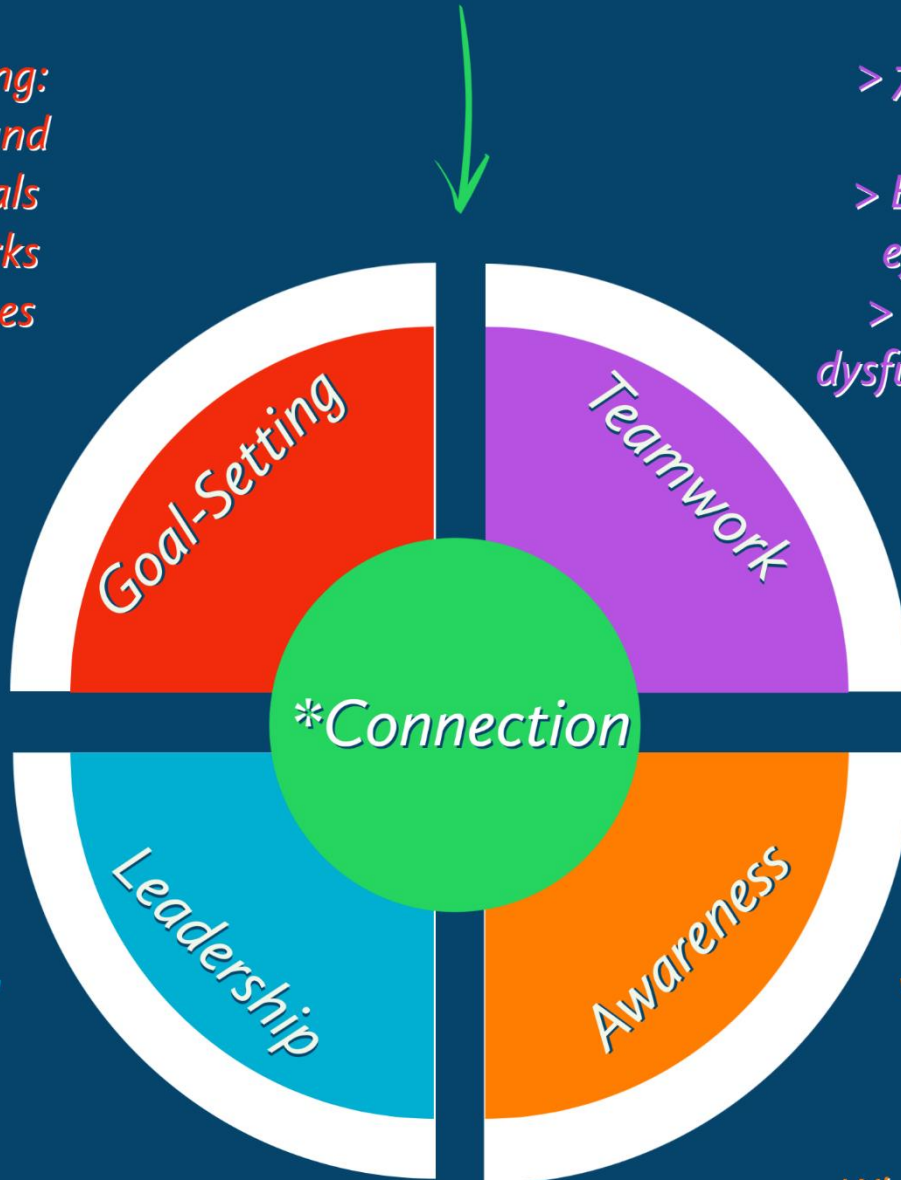


** The glue that holds our elements together:
Communication,
Co-Operation and
Collaboration*

What's involved?

- > Goal-setting:*
- > Planning and tracking goals*
- > Frameworks and resources*

- > 7 team-building challenges*
- > Exploring highly effective teams*
- > The functions/dysfunctions of teams*



**Connection*

- > Examining leadership styles*
- > Identifying leaders we admire and why*
- > Group leadership scenarios*

- > What am I good at and why*
- > Growth vs. Fixed mindset*
- > Knowing ourselves*



**Choose your package:*

*How does
the workshop
look?*

<i>Half-day workshop</i>	<i>The Fundamentals half-day workshop offers a comprehensive grounding in our 4 elements of goal-setting, team development, awareness and leadership.</i>	<i>3/3.5 hours</i>
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<i>Full-day workshop</i>	<i>The Fundamentals full-day workshop provides a deeper experience of our 4 elements. With the additional hours, this workshop emphasises reflective practices which enhance the learning about each element.</i>	<i>6-7 hours</i>
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<i>Bespoke workshop</i>	<i>I work with you to build your own programme. You choose the areas of greatest interest and outline the objectives.</i>	<i>Half or full day</i>
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**Workshops are delivered on-site in schools and places of work. All materials, resources and equipment are provided.*



*Testimonials

“Very well structured throughout the day and is designed to suit the needs of all the students”

David delivered The Fundamentals programme in Castletroy College both virtually and in person this year. He is a very friendly, approachable, committed, respectful and professional person to work with. The content of the programme is very well structured throughout the day and is designed to suit the needs of all the students. David has never cancelled a workshop and is always efficient. The workshops had a great balance between group activities and individual reflections. I would highly recommend this programme to be included in your TY programme.

*Geraldine McGrath, TY Co-Ordinator
Castletroy College*

“Accessible to a wider range of students with diverse interests.”

Our Transition Years benefited hugely from The Fundamentals Programme. They assessed their values, culture and goals as a TY year group and deepened their reflective practice around the area of Leadership. David adapted his approach to include specific areas of interest for our students which led to greater engagement from these students and served to make the programme accessible to a wider range of students with diverse interests. Overall, David was a pleasure to work with, he was approachable and had an engaging presentation approach which encouraged participation even from the shyer students. I would have no hesitation in recommending it to other schools.

*Michele Daly, TY Co-Ordinator
Coláiste Iosaef*

“I really enjoyed the workshop and learned many new things.”

I thought it was a very interesting and entertaining workshop. I found the topics discussed very interesting and I liked how David showed us real life examples of where the lessons he was teaching us, come up e.g teamwork in formula one race. I also enjoyed the team building games, I thought it was good to break up the day. Overall, I really enjoyed the workshop and learned many new things. The speaker was also very positive and entertaining

Student feedback

Hi, I'm David Collins, the founder of The Fundamentals. I am a primary school teacher with 10 years experience, including 3 years as an Assistant Principal. I founded The Fundamentals in 2020 and in this 2 years, I have reached over 30 schools and over 5,000 students countrywide. My program is practical, grounded in real life educational and sporting experiences and has been proven in schools around Ireland. As well as my primary school experience, I hold a Professional Diploma in Leadership and Management from UCD Professional Academy.



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**Further testimonials available online.*

