

The Nature of Teamwork

Empower Women for Change – *Southside, Glasgow*



Overview

Empower Women for Change (EWfC) was founded by Asma Abdalla in 2015, realising her life goal to encourage and empower women from ethnic minorities to feel supported to pursue their own visions and goals. The all-encompassing goal is to create a Scotland where “all women are cherished, empowered, and accredited as equal and active citizens.”

Challenge

EWfC approached The Wee Retreat seeking an opportunity for their staff to focus on their own mental and physical wellbeing to enhance their capacity to support the wellbeing of their service users.

Support Offered

EWfC wanted to create a space for their staff to connect and bond with one another through the lens of nature. The Wee Retreat practitioners invited EWfC staff to meet in Glasgow Green for an afternoon of team building exercises and activities. The afternoon was centred around connection with one another and harnessing the connection with green-space around them, harnessing the grounding that nature offers.

The Impact

The EWfC team were able to bond and connect outside of their daily work place. Team building exercises and activities can help to bridge gaps between people and departments and help facilitate trust and honesty with one another. The added element of being in nature; a grounding environment provides a different form of sharing space.

Practices Incorporated

Team building – the creation of trust and honesty in a team or group through facilitated communication, activities, and events.

Nature-based Practice – connecting with individuals and one’s self through teaching and natural setting.