

Team Days





“It is one of those experiences in life which I will remember for a very long time”

- Senior Manager, CEMEX



Have you been searching for something different to the usual corporate teambuilding sessions?

Is it a struggle to move diversity and inclusion from words on a page into meaningful practice and action?

-  **Fun and educational for all**
-  **Empowering and thought provoking**
-  **Inspire staff to think about diversity and inclusion**
-  **Activities and games to challenge your views and unconscious bias**
-  **Embrace and align organisation values across your team**
-  **Flexible to fit your requirements**

What to expect – Team Building & Training:

We will challenge your views. We will take you out of your comfort zone. We will encourage full participation within our sports based sessions, aligned to the ethos of Mixed Ability – everybody is included and everyone plays a part.

Our creative programmes are delivered by our specialist team of trainers who are *experts by experience – this means they have faced barriers to participation including but not limited to disability, mental health, injuries and gender.*

We lead interactive activities, co-operative games and practical sessions that help teams see different ways of engaging both with each other and with your customers. Our sessions cover team working, communication, celebrating diversity and fostering equality.

Our training can be integrated as part of your existing diversity and inclusion work or be created as an introduction. We want organisations to be able to experience the well-evidenced benefits of the Mixed Ability methodology and bring these into their personal interactions.

Our prices for the sessions are flexible depending on numbers, location and what you need us to cover. Please get in touch for more details using the contacts on the bottom of this document.

Who are IMAS:

IMAS is a not for profit CIC and we aim to use all income from our team days to further our social purpose; to radically change the way we think of, join in and enjoy sports, leading to a fairer and more equal society.

IMAS facilitates interaction between sectors, working to achieve sustainable social and cultural change.



Watch video online:
youtu.be/SIAWVdcuLco



Feedback on our training:

We are proud to have worked with many different organisations and their feedback on these sessions is always captured and used to improve our offer.

"I am very impressed by your expertise in team dynamics and problem solving. This will help us in our project activities and professional development" - **Global Head, HSBC**

"Anything that helps people learn physically as well as intellectually is so valuable; it worked beautifully" - **Leadership Team, Lloyds Bank Group**

"This has been the most fun and memorable training session I have done" - **GP within NHS**

"Not only is the day an enjoyable and inclusive experience that gets you out networking with the community, it also goes a long way to challenging your perceptions for the better."
- **People Team, Sky Betting & Gaming**

"Our medical students loved this and learnt so much about personal challenges for people and the immense value of shared experience"
- **Curriculum Lead, University of Sheffield**

"So useful in terms of personal development around issues such as trust, hope, commitments and connections"
- **Administrator, Global Covenant of Mayors**

"Our preconceptions about inclusion were challenged. The power of truly including everyone was deeply felt"
- **Senior Manager, Tesco**



Find out more:

If you want to run a session for your team that is different, inclusive, fun and has the power to harness real change in your organisation, then we would love to work with you. Please get in touch to find out more.

✉ contact@mixedabilitysports.org
☎ Kelly Heathcote on 07518 057510