

WORKSHOP AGENDA

Purpose

Connecting what drives you to what you're here to deliver.



90 minutes · In person or virtual · Individuals and teams

Most of us are clearer on what we do than on why we do it. This session explores the idea of purpose at work: what it means, why it matters, and how to connect with your own sense of it. Participants leave with greater personal clarity and practical tools to apply in their own context.

— WHAT YOU LEAVE WITH

- Understand what purpose at work actually means, and why it has such a strong impact on performance and wellbeing.
- Reflection on what drives you and where your own sense of purpose is strongest.
- A clear and practical way of thinking about purpose that you can apply straight away.

— WHO IT'S FOR

What would change for you if you had a clearer sense of what drives you at work, and how to act on it? This session is for anyone who wants a clearer sense of what gives their work meaning and a practical way to act on it. It works on its own and as an opening to a broader leadership or development programme, where shared reflection builds energy across a team.

— AT A GLANCE

Purpose 101 <i>What purpose at work means and where it comes from.</i>	15 MIN
Finding Your Why <i>Surface what gives your work meaning.</i>	30 MIN
Purpose, Day to Day <i>Where purpose connects and where it gets lost.</i>	30 MIN
Putting Purpose to Work <i>Use your purpose to create concrete change.</i>	15 MIN

the session

01

Purpose 101

15 MIN

What purpose at work means and where it comes from.

A short conceptual input on what purpose at work means, where it comes from, and why it has such a strong influence on performance and wellbeing.

02

Finding Your Why

30 MIN

Surface what gives your work meaning.

Individual reflection exercise: participants explore what drives them, what gives their work meaning, and where those motivations come from.

03

Purpose, Day to Day

30 MIN

Where purpose connects and where it gets lost.

Facilitated conversation where participants share where purpose connects to their working life and where it tends to get lost, drawing on their own experience.

04

Putting Purpose to Work

15 MIN

Use your purpose to create concrete change.

A practical personal exercise where participants apply the session's thinking to their own situation and leave with something concrete.

Let's talk.

Bring Purpose to your team

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