

The logo consists of the letters 'A' and 'Q'. The 'A' is black and the 'Q' is orange. The background of the entire page is a dramatic sky with dark, heavy clouds on the left and a bright, colorful sunset or sunrise on the right, with silhouettes of a group of people standing on a grassy hill in the foreground.

# AQ

## TEAM BIVAQ

Formulating an answer to the new way of working as a team: Ready for tomorrow!

Our society is accelerating and recent events had a major impact on our way of working. This new working and living modus requires more and more energy and has negative effects on our body, our brain and our

quality of life. During the two days of our Team Bivaq, we will discover the new foundations of our team and the principles that we can use to live lighter and work smarter in this new normal.

Let's tackle this challenge together and translate it into sustainable solutions in order to work vigorously, stable and at the same time flexibly as a team.



# Why?

The past crisis has challenged and confronted our team. Because the new normal is not the old normal, we can't look away from this, on the contrary. But how do we answer wisely? How do we organize ourselves? How do we strengthen ourselves and each other?

During our Team Bivaq we take some distance to reconnect as a team and to better deal with the current complexity and changes around us.

- Cooperation: what works for us?
- Personal: what works for me?
- Collective outcome: Optimal performance and sustainable employability.

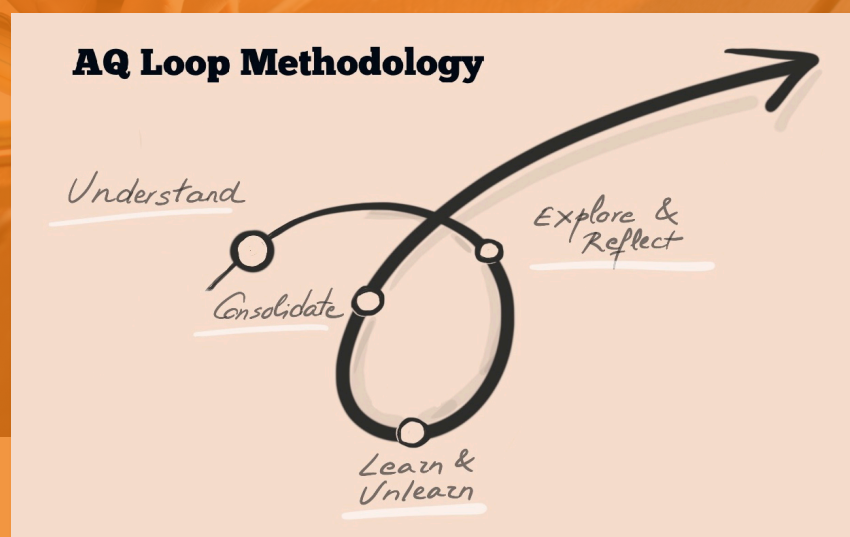
In this way we develop our adaptivity, our strength as a team and the well-being of each individual.





# How?

Let's get started with our Loop methodology and our AQ canvas. With these methodologies, we help the team to understand what is going on and how cooperation and impact can be improved. We don't believe in one-shots. We teach the team the AQ Loop methodology. This leads to reinforcement, improvement, and sustainable impact. In this way we enable the team and the individual to navigate further into the future themselves.



The 2 core principles of our methodology are ownership and dialogue. This results in a well-supported plan to be ready for tomorrow and the day after tomorrow.

## Ownership:

We develop ownership by focusing on those things that we can influence ourselves. If we can name them, then it is up to the team to integrate them into their work and into their lives.

## Dialogue:

If you want to realise a win-win, it is important to align personal and collective benefits, and dialogue is crucial for this. The approach of the Team BivAQ is based on dialogue. For us, this is the link between methodology and ownership.





# AQ Canvas

For 2 days, we work with the building blocks of adaptability and collaboration, practically and hands-on. It is a total canvas that contains all the elements of well-being to be able to work healthily, sensibly and with pleasure. The canvas is based on 5 principles that help you to better understand what is going on and which solutions are within reach:



How can we manage and protect our energy?  
What is the essence of our team: clear mission, goals and performance requirements?  
How to structure our focus and discipline?  
How do we shape our roles and way of working in a coordinated way and how do we keep in tune with them?  
How to take the time to innovate, to be creative for solutions and for growth?  
The AQ canvas serves as a lifebuoy to get out of the survival mode and to help you consciously choose and improve..

The result is a supported action plan to be able to respond strongly to change as a team (post-corona), to be even stronger collectively and individually so that the team can continue to function optimally even in changing and challenging circumstances..





# What?

Two days from Wednesday evening to Friday afternoon

## Wednesday

- 17u-18u: arrival and check-in
- 19u: team dinner and connection
- 20u30: recap AQ Canvas by our creative brigadier

## Thursday

- Breakfast + power routine
- Morning: workshop (understanding)
- Lunch + outdoor walk
- Afternoon: workshop (exploring)
- Dinner + team activity

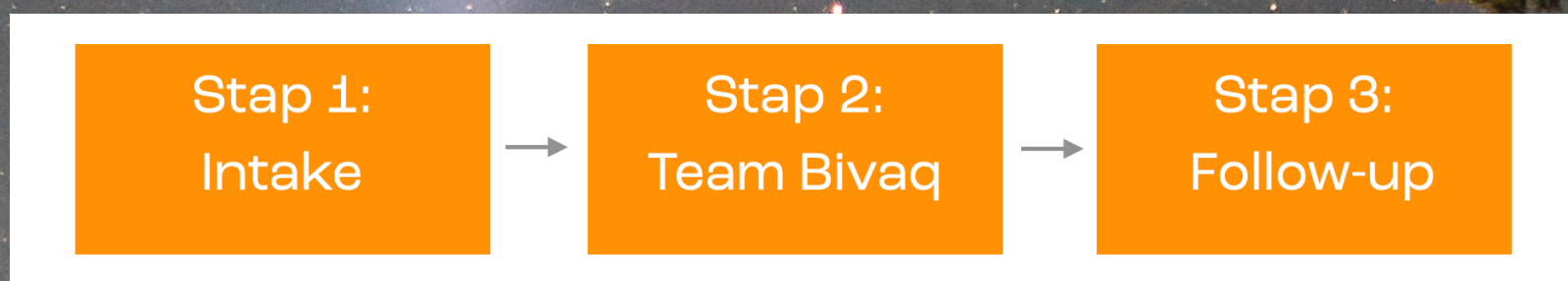
## Friday

- Breakfast + power routine
- Morning: workshop (learn & unlearn)
- Lunch + outdoor walk
- Afternoon: workshop & proposal action plan (consolidation)
- End: 16u30.

Workshops: in action with our AQ Canvas

Teambuilding to the core of the well-being of each team member, but also with moments of relaxation such as cooking together, relaxing with a glass or exercising in nature.

# Approach



As an intake, we have a thorough conversation with the client about the current context of the team, the elements that play today and the expectations for the BivAQ. During the Team Bivaq, we work on a "Futureproof Action Plan" supported by the complete team members.

As a follow-up, there is of course the implementation of the action plan by the team itself, as well as 1 follow-up moment with the AQ brigadier. In addition, we provide optional follow-up steps based on the needs of the team (learn & grow).





# AQ brigadiers

Our AQ sergeants have the experience to work with teams and leaders to increase the ability of each individual and the team. One of these sergeants, or a duo can facilitate you from A to Z.



Jan Aquarius

Aq brigadier  
specialised in  
Team Bivaq's



Tim Vermeire

Co-founder  
AQ Brigade and co-  
author of the book  
"AQ, lichter leven,  
slimmer werken"



Rudi Francken

Co-founder  
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Bio's: [www.adaptieveintelligentie.be/netwerk](http://www.adaptieveintelligentie.be/netwerk)



This Team Bivaq meets the requirements of the KMO portefeuille and the werkbaarheidscheques (Vlaio).

Meer info over deze Team Bivaq:  
<https://en.adaptieveintelligentie.be/contact>



[www.adaptieveintelligentie.be](http://www.adaptieveintelligentie.be)