

— NEXT-GENERATION LEADERSHIP WORKSHOP

The Trust Lab

Where trust becomes the heartbeat of performance. A play-based leadership experience for teams who want to lead better, together.

BACKED BY LA TROBE UNIVERSITY • 600+ SCHOOLS & ORGANISATIONS • 25+ COUNTRIES

DEVELOPED BY THE SCHOOL OF PLAY

EST. 2012 · MELBOURNE

Leadership is not a skill. It's a *rhythm*.

Leadership today demands more than expertise. It demands:

Presence

Courage

Connection

Clarity

Action

The Trust Lab is a high-energy, highly engaging, play-based leadership workshop designed to strengthen **trust, psychological safety, connection and collective performance**. Built on The Play-Based Leadership Framework, it guides leaders and teams through five powerful pillars that transform the way people lead and work together. This is leadership that feels good to follow, because it feels good to live.

— WHAT MAKES THE TRUST LAB DIFFERENT

- High energy
- Activity and play based
- Practical and immediately applicable
- Includes structured action planning
- Highly engaging
- Deeply reflective
- Team building focused

Participants don't just sit and listen. They move. They connect. They laugh. They reflect. They collaborate, and they leave with clarity, belonging and a clear sense of their next steps.



The five pillars of The Trust Lab

Five powerful pillars move a team from internal steadiness all the way to courageous, coordinated action. Each is explored through play, reflection and real conversation.

01

Ground Yourself

Lead from steadiness, not stress.

When leaders steady themselves, they steady the room.

Leadership begins with internal state. Grounded leaders respond rather than react. They anchor themselves in presence, values and emotional clarity.

In this pillar, participants explore:

- Emotional regulation under pressure
- Clear, intentional decision-making
- Authenticity and values alignment
- Becoming a calm, dependable presence

02

Spark Curiosity

Unlock creativity and possibility.

Curiosity energises people. It opens doors. It breathes life into change.

Curiosity is the catalyst for innovation, playfulness and growth. When leaders model openness and experimentation, teams feel liberated to explore new thinking without fear.

This pillar strengthens:

- Creative problem solving
- Psychological flexibility
- Innovation and fresh thinking
- A culture where possibility outweighs fear

03

Build Belonging

Create the trust that unlocks courage.

When people feel seen, valued and supported, they step forward.

People don't contribute fully until they feel safe. Belonging is the emotional infrastructure of high-performing teams.

Through powerful play-based team experiences, we strengthen:

- Psychological safety
- Team cohesion and trust
- Empathy and relational depth
- Honest conversations and shared vulnerability



From shared purpose to courageous action

04

Align the Collective

Unite around purpose and direction.

When everyone moves in the same direction, momentum builds naturally.

Clarity is a gift leaders give their teams. Alignment turns scattered effort into collective momentum.

Participants explore:

- Shared purpose and meaningful direction
- Consistent communication
- Role clarity and coordinated effort
- Bringing your school values to life in daily practice

05

Move What Matters

Turn intention into courageous action.

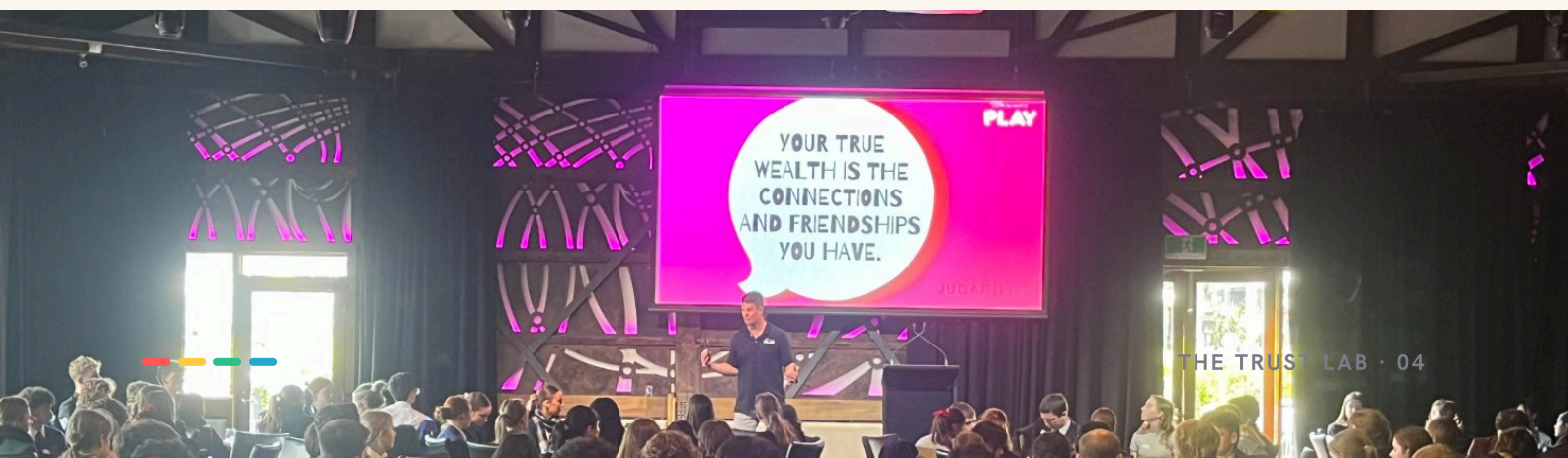
Leadership comes alive through action.

This pillar helps teams prioritise impact, break change into achievable steps and maintain forward movement.

We focus on:

- Translating ideas into clear next steps through action planning
- Navigating pressure with confidence
- Building resilience through action
- Celebrating small wins that sustain momentum

Five pillars, one rhythm. Leadership that feels good to follow, because it feels good to live.



Not a lecture. A full *immersion*.

The Trust Lab is not a lecture. It is a fully immersive experience where engagement, connection and impact drive everything we do.

EXPECT

- High-energy individual and team challenges
- Play-based leadership simulations
- Deep connection activities
- Brave conversations in safe spaces
- Practical leadership tools
- Structured action-planning time

PARTICIPANTS LEAVE WITH

- Clear personal leadership insights
- Stronger team trust and cohesion
- A shared leadership language
- A collective action plan for immediate implementation



DELIVERY

Half or full-day workshop (3 to 4 hours), shaped around your team, your values and the outcomes that matter most to you.



— WHY CHOOSE THE SCHOOL OF PLAY

Great leaders don't just happen

Having worked with hundreds of schools and organisations, from student leadership teams through to executive leadership teams within large organisations, we know that great leaders don't just happen. They are **nurtured, challenged and empowered**.

Through play-based leadership development, connection and practical experiences, The School of Play inspires students to build confidence, strengthen trust and discover the impact they are capable of having on others.

600+

Schools & organisations worked with

25+

Countries reached worldwide

2012

Founded in Melbourne, backed by La Trobe University

When young people feel connected, capable and trusted, incredible things happen. Not just for the leader, but for the entire school community.

— LET'S TALK

Bring trust to the **heartbeat** of your team.

Every Trust Lab is tailored. Scan the code to book a discovery call and see how it could look for your team.



Scan to book a discovery call



theschoolofplay.co