

BUILDING CONFIDENCE AND CAPABILITY AT MY FOOD BAG

Why My Food Bag continues to invest in its people with Aspire2 Workplace Communication

GOING for GOLD! MY FOOD BAG

My Food Bag has continued to invest in workplace learning as its people and capability needs have evolved.

Aspire2 Workplace Communication have created a bespoke programme for My Food Bag, ***Going for Gold!*** Over the past 4 years, we have trained and developed over 65 My Food Bag employees across seven different cohorts. Each year we review and refine the programme with managers, identifying the skills employees need and building practical learning around their workplace.

Across different groups, that has included communication, literacy and numeracy, digital skills, leadership, teamwork and problem solving.

While the focus changes, the goal remains the same: help people become more confident, capable and able to contribute at work.

"Now that most of the company has been through the training, we are seeing the benefits of it."

My Food Bag Management

"The increase in timely communication of important information has helped us to increase productivity and minimise confusion and misunderstanding."
My Food Bag Manager

CAPABILITY THAT KEEPS GROWING

The strength of ***Going for Gold!*** is that it can evolve with My Food Bag. Different groups bring different needs, so the learning changes with them.

Rather than a one-off course, it creates an opportunity to keep building capability from within — developing people who are increasingly confident to communicate, contribute, solve problems and step up.

"I learned how to be more confident when helping others at work and how to take responsibility when working in a team."

My Food Bag Learner



aspire2 Workplace Communication

LEARNING THAT SHOWS UP AT WORK

Going for Gold! uses real workplace situations to make learning immediately relevant. Employees practise communicating with others, speaking up, giving instructions, completing workplace documentation, using digital tools and working through problems.

The result is not simply new knowledge, but changes in workplace behaviour.

Learners report communicating more confidently, listening more carefully and feeling more comfortable contributing ideas or asking questions.

"I started to speak out in our team meeting to share what's on my mind with the team."

My Food Bag Learner

Managers have noticed the change too, including employees who previously lacked the confidence to contribute:

"I was told he would never try to speak up, but now he wants to participate in team discussions."

My Food Bag Management

For some, that confidence has also opened the door to new opportunities. To date, 19 participants have progressed their careers within My Food Bag, including nine who have moved into leadership roles.

> *"Going for Gold helped me understand communication and how to work better with other teams. It gave me the confidence to apply for the role, knowing I could do it.""*
>
> My Food Bag Learner



Confidence that builds capability

The impact of ***Going for Gold!*** extends across everyday workplace skills.

Employees have become more confident communicating with colleagues and managers, completing workplace documentation, using digital tools and approaching problems with a more solution-focused mindset.

The learning has also helped people recognise their own potential — building the confidence to take responsibility, contribute ideas and support or lead others.

Key business impacts:

- ✓ More confident communication
- ✓ Clearer workplace writing and documentation and improved accuracy
- ✓ Greater confidence using digital tools
- ✓ Stronger teamwork and participation
- ✓ More solution-focused problem solving
- ✓ Growing leadership capability
- ✓ Increased productivity and a reduction in errors

WHEN PEOPLE GROW, WORKPLACE CAPABILITY GROWS WITH THEM.

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0800 423 888
workplacecommunication.co.nz