

FREE DELIVERY



story, hosting, and performance services

If everyone on your team gets along,
always knows what everyone else is doing *in their job*,
understands a shared language of communication
that makes getting work done in the most efficient,
effective and trusting way possible,
then stop reading this.



But if your team could use some sweet guidance getting on the same page, we're here to help.



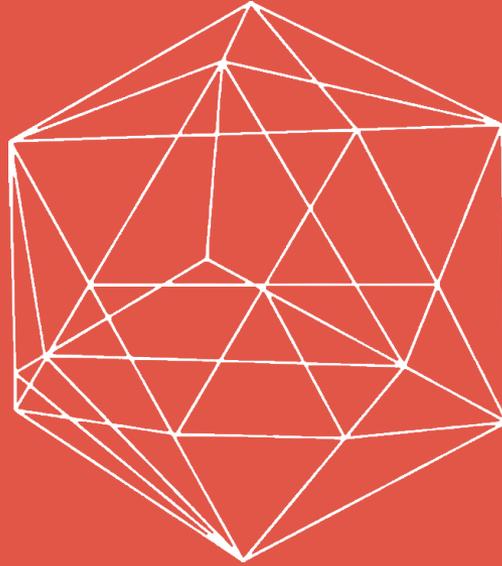
**We won't tell you to start using
Slack or Basecamp, or ask you to do trust falls,
or do anything that will make you roll your eyes.**



**We will take your team six by six
through the delightful mechanics and joy
of personal storytelling so you all can have
a new avenue into team communication.**

It's a process of peeling back the layers of the daily grind, helping people see each other as individuals again, instead of the predetermined molds that we as humans naturally form of one another.





We'll create exercises to break all that down and out so team members can see each other through fresh eyes. New sides, new angles, new ways to collaborate and communicate.

As seasoned interviewers,
we can get to the "why" of any situation,
or discover the motivation that drives each team
member—you can even pick the topic we focus on.



And then we will set up follow up sessions and check back in to hold you and your team accountable. Then we can see how it's all going for you and the team and work in some tune-ups.

We are Free Delivery.
More specifically we are Mindy and Frayn.

And we'd like to bring our years of experience in storytelling, improv, communications, production, corporate team building, and group process to help you and your team work better and enjoy life more.

We have helped companies like the agency
Thread Creative get on the same page about
who they are and where they're going.

Thread

We have helped teams like the Employee Resource Group leaders at Survey Monkey learn how to use the skills of personal storytelling to improve bonding with clients and other employees, build safe and supportive communities at work, and become more effective in their equity advocacy.



And we have helped those in highly technical work, like the scientists and doctors at Group Health Research Institute, learn how the mechanics of personal storytelling could make communicating with people, like their patients, more effective.



GroupHealth®
RESEARCH INSTITUTE

We'd love to talk about how we can specifically help you or your team. Contact us by email to introduce yourself and set up a free initial phone call or coffee/tea meeting, or just use our online scheduler:

mindy@freedelivery.life

<https://freedelivery.life/contact/>

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