HUMAN AT WORK

Executive summary

FEELS LIGHT. RUNS DEEP.



The Experience (3 hours, in person, team)

Before we change how we work with others, we need to notice how we show up ourselves.

What happens to us under pressure - and what happens around us because of it?

Through movement, playful challenges and realistic workplace moments, participants discover how pace, pressure, complexity and internal state can influence attention, behaviour and impact. Rather than being told how they behave, they experience their patterns for themselves and practise creating a pause before automatically reacting.

Business value

WHAT PEOPLE EXPERIENCE

- Greater awareness of how they personally respond to pressure
- Recognition of the signals they may send without intending to
- An experiential look at the relationship between state, behaviour and impact
- A simple Pause Point for creating more choice before responding

WHY IT MATTERS TO THE BUSINESS

- Builds self-awareness without relying on personality labels
- Helps people recognise automatic behaviours before they create unnecessary friction
- Encourages more intentional responses during pressure and complexity
- Connects individual awareness with everyday workplace impact

The practical case

Format: 3 hours | In person | Highly experiential | Movement, reflection and workplace application

Best suited to: teams and employees working in fast-paced or demanding environments, managers developing greater awareness of their impact, and organizations wanting to strengthen the human behaviours behind performance.

Return on investment: participants leave with greater awareness of at least one personal pressure pattern and a practical Pause Point they can apply during real working moments

An experience employees enjoy in the moment - and continue to think about afterwards.