

Focus, Calm & Connection

Practical Neuroscience for Higher Performing Teams



Aims of the Session:

To increase individual awareness of stress responses and attention levels using accessible neuroscience.

To develop practical self-regulation skills that help staff respond calmly under pressure.

To strengthen workplace communication and relationships through understanding of nervous system states and polyvagal-informed connection.

To embed simple, sustainable habits that improve focus, safety, and wellbeing at work.

To create a culture where staff feel valued, connected, and supported, improving morale, engagement, and productivity.

To reduce workplace stress and its impact on performance, mistakes, and absenteeism.



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Mind and Body Connections

Individual Outcomes

- **Staff understand** their own stress triggers, fight-or-flight reactions, and attention patterns.
- **Employees can** use practical tools to calm their nervous system and stay focused during challenges.
- **Improved ability** to remain present and avoid distraction, reducing mistakes and enhancing task efficiency.
- **Increased confidence** in having difficult conversations through recognising others' emotional states.

Team & Communication Outcomes

- **Teams develop** stronger trust and connection, improving collaboration and reducing conflict.
- **Staff feel** more psychologically safe, which boosts communication and problem-solving.
- **Better awareness** of colleagues' stress states leads to more compassionate interactions.
- **Teams adopt** shared regulation strategies, creating a calmer, more productive work environment.

Organisational Outcomes

- **Enhanced productivity** through increased focus and fewer errors.
- **Reduced stress** levels across teams, lowering burnout and absenteeism.
- **Improved staff** retention because employees feel valued, supported, and connected.
- **A more positive** workplace culture that attracts and retains high-quality staff.
- **Tangible improvements** in wellbeing that align with corporate wellbeing and performance targets.

For more information visit
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Forming Connections

Neuroscience Based Education for All

