

An extraordinary way to

# ALLOW STRESS

*to leave*

by removing the  
**STRESS BARRIER**



## PEOPLE

Stronger **well-being**.  
Greater **connection**.



## CULTURE

Healthier **teams**.  
Stronger **collaboration**.



## PERFORMANCE

Higher **engagement**.  
Better **results**.



## SOLUTIONS

Clearer **thinking**.  
Smarter **decisions**.

We help organizations transform stress into **strength**—  
creating workplaces where **people** thrive,  
**cultures** connect, and **performance** excels.





**Positive Evolution**  
CONSULTING



**Move & Flow**  
STUDIO

# STRONGER LEADERS. HEALTHIER CULTURES. SUSTAINABLE RESULTS.

We help organizations remove the hidden cost of stress and build the foundation for **leadership, collaboration, and performance** that lasts.

## THREE WAYS TO GET STARTED



### EXECUTIVE LEADERSHIP BRIEFING

A powerful, focused session that introduces the neuroscience of stress, leadership, and culture transformation. Ideal for executive teams exploring the approach.

- ✓ Understand the impact of stress on leadership and culture
- ✓ Explore proven regulation principles
- ✓ Gain clarity on next steps



### HALF-DAY LEADERSHIP WORKSHOP

An interactive workshop that builds leadership capacity and introduces practical tools for stress regulation, communication, and collaboration.

- ✓ Leadership assessment and insights
- ✓ Stress regulation and nervous system tools
- ✓ Collaborative communication and psychological safety
- ✓ Action planning for immediate impact



### LEADERSHIP TRANSFORMATION EXPERIENCE

A transformational journey with weekly sessions that create lasting change in leadership, culture, and performance.

- ✓ Weekly interactive leadership sessions
- ✓ Stress regulation and resilience training
- ✓ Communication and collaboration skills
- ✓ Psychological safety and trust building
- ✓ Sustainable culture transformation
- ✓ Measurable results and accountability

**REMOVE THE HIDDEN COST OF STRESS.  
UNLOCK YOUR ORGANIZATION'S POTENTIAL.**

# AWARENESS

## UNLOCK YOUR ORGANIZATION'S POTENTIAL.

We help organizations uncover the hidden cost of stress and build the foundation for **leadership, collaboration,** and **performance** that lasts.

### THREE ASSESSMENTS TO BUILD CUSTOMIZED SOLUTIONS

1

#### **ALIGN™ ORGANIZATIONAL ASSESSMENT**

A comprehensive organizational assessment that evaluates leadership, culture, communication, systems, and stress impact to reveal strengths, gaps, and growth opportunities.

- Leadership & culture evaluation
- Communication & collaboration analysis
- Systems, processes & structure review
- Strategic recommendations & roadmap

2

#### **CULTURAL PERSPECTIVES™ ASSESSMENT**

A powerful assessment that gathers insights from across the organization to understand how culture is experienced, where alignment exists, and where change is needed.

- Employee feedback & insights
- Cultural strengths & opportunities
- Alignment, engagement & psychological safety
- Data-driven recommendations for culture transformation

3

#### **STRESS PERSONALITY™ ASSESSMENT (ALL EMPLOYEES)**

A neuroscience-based assessment that identifies stress personality patterns within your workforce and how stress impacts behavior, communication, and performance.

- Identifies stress personality patterns
- Increases self-awareness & regulation
- Strengthens communication & relationships
- Supports well-being, retention & performance



# THREE LEADERSHIP TRAININGS FOR STRATEGIC PARTNERSHIP

We provide training that builds leaders, strengthens collaboration, and creates a culture where **people** and **performance** thrive.

## • THREE TRANSFORMATIONAL TRAININGS •

### CROSS COLLABORATION

Build stronger connections across teams and departments by removing silos, improving communication, and fostering a culture of trust and shared success.

- Break down silos and barriers
- Strengthen communication and active listening
- Build psychological safety and trust
- Collaborative problem solving and decision making
- Create a culture of shared goals and accountability

### ALIGN™ LEADERSHIP

Develop self-aware, neuroscience-informed leaders who lead with clarity, empathy, and purpose while driving accountability and results.

- Neuroscience-based leadership development
- Self-awareness and emotional regulation
- Leading with clarity, empathy and confidence
- Accountability and performance alignment
- Purpose-driven leadership that inspires

### PAUSE™ STRESS REGULATION

Equip leaders and teams with practical stress regulation tools to stay calm, focused, and resilient in the face of pressure and change.

- Presence and self-awareness
- Unwind and reset the nervous system
- Address and understand stress responses
- Engage with clarity and focus
- Sustainable resilience and well-being