

The Impact & Influence Journey



Growth Architecture Through Neuroscience, Emotional Intelligence & Behavioural Change

A three session experiential journey blending behavioural science, psychology and human centred communication to help people build presence, lead with values, and navigate tension with clarity and confidence.



Three sessions. Three interconnected topics. One cohesive journey of growth.

Each programme is supported by digital resources, email guidance, and optional follow up coaching to deepen learning and sustain momentum.

Trans4mative Minds

Building the human architecture behind resilient, psychologically safe, change ready teams.

The Impact & Influence Journey



People don't need another model for effective communication...

THEY NEED

Space

To understand how their behaviour lands

Safety

To influence relationships

Support

To recognise triggers that shape their impact

The Impact & Influence Journey is an experiential exploration of behavioural science, emotional intelligence, and human centred communication. It helps people understand their natural style, navigate tension without defensiveness, and build the relational skills that create trust and credibility.

This programme strengthens the emotional, psychological, and behavioural foundations behind presence, influence, and meaningful human connection.

Explore the programme



Session 1



Behaviours That Build Impact

Behaviours are the visible expression of our values and strengths. They shape culture, influence trust, and determine how effectively we work together

This session explores how to consciously adopt behaviours that align with values and strengths.

WHAT WE COVER

- Gain clarity on the role behaviours play in shaping outcomes and relationships.
- Identify behaviours that reinforce or undermine team culture.
- Explore the link between values, strengths, and behavioural choices.
- Commit to small, actionable behavioural shifts that create lasting impact

OUTCOMES

- A deeper understanding of how behaviours shape results.
- Insight into behaviours that help or hinder themselves/team.
- Clarity on how values & strengths drive behavioural choices.
- A personalised set of small, meaningful behavioural shifts.
- Increased ownership & confidence in their own growth

90 Minutes
Virtual or in person



Session 2



Living Your Values

Values act as our inner compass, guiding our decisions, shaping our behaviours and influencing how we connect with others.

This immersive session helps participants identify their core values, understand how these show up in everyday actions and decisions, and align them with their strengths and purpose to build authenticity, resilience.

WHAT WE COVER

- Gain clarity on their personal and professional values.
- Explore how values influence choices, relationships and team culture.
- Connect values to their strengths to build alignment and authenticity.
- Commit to practical behaviours to bring values into everyday life

OUTCOMES

- Gain clarity on their personal & professional values.
- Understand how values shape choices, relationships, and team culture.
- Connect their values to their strengths for greater authenticity.
- Commit to practical behaviours that bring values to life.
- Strengthen resilience, motivation, and personal impact

Half Day
Virtual or in person



Session 3



Conflict Without The Drama

Conflict isn't the problem, how we handle it is. Healthy conflict creates clarity, trust, and better decisions while unhealthy conflict creates avoidance, tension, and emotional land mines.

This session helps people understand their conflict style, communicate with more awareness, and navigate tension without drama, shut down, or defensiveness.

WHAT WE COVER

- Understand the nervous system response behind conflict.
- Identify their personal conflict style and the triggers that activate it.
- Explore how assumptions, tone, and unmet needs shape communication.
- Practise tools for grounding, listening, and speaking with clarity instead of reactivity.
- Learn simple frameworks for navigating difficult conversations with confidence and compassion.

OUTCOMES

- Understand the nervous system response behind conflict.
- Explore how assumptions, tone, and unmet needs influence communication.
- Practise tools for grounding, listening, and speaking with clarity.
- Use frameworks for navigating difficult conversations with confidence and compassion.
- Strengthen emotional maturity, psychological safety, and relational trust

Full day = in person
Virtually = two half days



Programme Outcomes



THE RESULTS

- A deeper understanding of personal impact and behavioural patterns
- Tools to communicate with clarity, confidence and emotional intelligence
- Awareness of triggers, assumptions and tone that shape interactions
- Stronger ability to navigate tension without defensiveness
- Increased confidence in influencing without authority
- Practical frameworks for constructive, values aligned conversations
- Healthier collaboration and reduced friction across teams
- A more connected, respectful and psychologically safe culture

DELIVERY OPTIONS

Virtual + In Person
Hybrid

- Session 1: Virtual
- Session 2: Virtual or In Person
- Session 3: In Person or two virtual half days

Up to 40 participants per session

INVESTMENT

Full Programme (3 Sessions)
£4,900

Includes:

- Behaviours That Build Impact
- Living Your Values (Half Day)
- Conflict without The Drama (Full Day)
- Digital toolkits for all sessions
- 30 day email support
- Optional leadership add on

INDIVIDUAL PRICING

- Behaviours That Build Impact: £950 to £1,250
- Living Your Values : £1,200 to £1,500
- Conflict without The Drama: £2,000 to £2,400

Why Organisations Choose This Programme



- » Because influence isn't about authority — it's about behaviour
- » Because communication breaks down when people don't understand their impact.
- » Because collaboration suffers when assumptions, tone and triggers go unspoken.
- » Because real leadership is built through emotional intelligence, not job titles.

This programme gives your people the behavioural awareness and communication tools they need to create trust, credibility and meaningful impact.

Ready to strengthen the human impact of your organisation?

Let's build a culture where people communicate clearly, navigate tension with maturity, and influence with confidence without the drama.

Enquire now to bring the Impact & Influence Programme to your team.

REACH OUT



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The Inner Reboot Podcast



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