# The Human Foundation Programme

## Growth Architecture Through Neuroscience, Emotional Intelligence & Behavioural Change

A three session experiential journey blending neuroscience, psychology and human centred growth to help teams communicate better, regulate under pressure and navigate change with confidence.

Trans4mative Minds

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

# The Human Foundations Programme

People don’t need more training...

THEY NEED

Space
To grow

Safety
To evolve

Support
To embed

...to understand themselves and each other in a deeper, more human way.

The Human Foundations Programme is a experiential journey designed to strengthen the emotional, psychological and relational foundations that make performance sustainable.

This programme blends awareness, nervous system literacy, emotional intelligence and behaviour change into a practical, grounded, deeply human experience.

Explore the programme

Session 1

TRANS4MATIVE MINDS

# Psychological Safety Immersion

Psychological safety is the foundation of every healthy team.
This session helps people understand the human architecture behind safety, the nervous system, emotional patterns and behaviours that build or break trust.

## WHAT WE COVER

- What psychological safety really is
- Nervous system responses to threat
- Behaviours that create (or erode) safety
- Communication without fear
- Micro  tools for everyday safety
- Reflection + integration

## OUTCOMES

- Clearer communication
- Reduced reactivity
- Stronger trust
- Safer conversations
- Shared language for emotional experience

## 90 Minutes
Virtual or in person

Session 2

TRANS4MATIVE MINDS

# The Resilience Reset

Resilience isn’t about pushing through. It’s about understanding your internal landscape and learning how to regulate, reset and recover without burning out. This session strengthens individual and collective resilience, helping teams stay connected, steady and resourceful under pressure.

## WHAT WE COVER

- What resilience really is (and isn’t)
- Nervous system + stress
- Emotional load + energy drain
- Patterns that block resilience
- Micro tools for grounding + recovery
- Integration + action

## OUTCOMES

- Better stress regulation
- Sustainable energy
- Stronger boundaries
- Reduced overwhelm
- Practical tools for everyday resilience

## Half Day

Virtual or in person

Session 3

TRANS4MATIVE MINDS

# The Change & Transition Experience

Change is external, transition is internal. This session helps people navigate the emotional and psychological journey behind change with clarity, confidence and compassion, giving them the tools to stay grounded and intentional as they move forward.

## WHAT WE COVER

- Change vs transition
- The emotional arc of transition
- Identity + change
- Nervous system responses to uncertainty
- Communication during change
- Tools for navigating resistance
- Team dynamics in transition
- Integration + action planning

## OUTCOMES

- Emotional clarity
- Reduced resistance
- Improved communication
- Stronger team cohesion
- Confidence to move forward

Full day = in person
Virtually = two half days

# Programme Outcomes

TRANS4MATIVE MINDS

## THE RESULTS

- A shared language for emotions, patterns and behaviour
- Tools to regulate before reacting
- Confidence to communicate clearly and safely
- Awareness of their own internal landscape
- Stronger resilience and recovery capacity
- A grounded understanding of how to navigate change
- Healthier team dynamics
- A more connected, compassionate 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 (save £750)

Includes:

- Psychological Safety Immersion
- Resilience Reset (Half Day)
- Change & Transition Experience (Full Day)
- Digital toolkits for all sessions
- 30 day email support
- Optional leadership add on

## INDIVIDUAL PRICING

- Psychological Safety Immersion: £950 to £1,250
- Resilience Reset: £1,200 to £1,500
- Change & Transition Experience: £2,000 to £2,400

# Why Organisations Choose This Programme

- Because people can’t grow when they’re overwhelmed.
- Because teams can’t collaborate when they don’t feel safe.
- Because change doesn’t stick when the human side is ignored.
- Because resilience isn’t built through information it’s built through experience.

This programme gives your people the foundations they need to thrive, not just cope.

## Ready to strengthen the human foundations of your organisation?

Let’s create a culture where people feel safe, supported and able to grow, even in times of pressure and change.

Enquire now to bring the Human Foundations Programme to your team.

**REACH OUT**


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The Inner Reboot Podcast

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