



Sessions, programmes and coaching for workplaces, venues and precincts.

WHERE THIS ALREADY RUNS

Saint · GURNER™ residences · The Breath Haus · Lead with Confidence masterclasses

THE GAP I STAND IN

Most workplace wellbeing sells collaboration and culture. In my experience collaboration was rarely what held a team back. The individual nervous system was.

Twenty years in corporate finance, strategy and operations. Eleven leading teams, and I have not stopped — so I am in it every week rather than remembering it from a decade ago.

WHAT I RUN

Planning-day reset A session inside your offsite that lands people in their bodies before you ask them to think hard for eight hours.

Breath and nervous system Practical regulation your people can use before a difficult meeting, so the meeting goes better.

Connection event For teams that have gone quiet, gone remote, or gone through a restructure. Starts with the humans rather than the framework.

Something specific Tell me what you want your team to be like in six months, and what is in the way now. We shape the session around that.

WHAT CHANGES

Unhealthy stress made ordinary Pressure is part of the work. Being wrecked by it is not. Your people learn the difference.

The hard conversation, earlier A regulated team raises it in week one rather than week six. Over a year that gap is worth more than most process improvements.

People who want to stay Being led well is what people name when they are asked why they stayed. It is also what they name when they did not.

Measured, or said so A baseline, an intervention, a measure. If it cannot be measured, I will say so before you buy it.

FOR VENUES AND PRECINCTS

Member wellness has a month four problem. The room is full in week one, then the quarter gets hard and attendance becomes a line item somebody questions.

I hold that layer as a partner, not a tenant. I do not own a room and I do not want one. Everything I run sends people back into yours.

The sessions helped me rebuild belief in myself and encouraged me not to settle for the first, second or third answer I get given.

ZARA · SAINT