

Sessions of Vitality

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Positioning: Reinvention + clarity facilitation for teams in transition.
Corporate-friendly. Practical.

3 Session Options (15–90 min)

1 - Reinvention Sprint: Clarity + Next Steps

Duration: 60–90 min (also 30–45 min Sprint Lite)

Best for: Teams in transition, post-reorg, shifting priorities, burnout-y execution, “busy but not aligned”.

What happens

A structured reset that maps the current moment, clarifies what ended vs. what’s next, applies decision filters, and locks 3–5 next moves with owners.

Benefits

Aligned direction without forced consensus. Reduced overwhelm. Faster decisions. Visible progress within ~2 weeks.

2 - Feedback Without Drama

Duration: 45–75 min (also 15–30 min micro)

Best for: Friction, slow iteration, avoidance, defensiveness, unclear expectations.

What happens

A simple feedback structure + live practice reps. Repair moves and reset language for disagreement without escalation. Two team agreements.

Benefits

Cleaner collaboration. Faster iteration. Less looping and less friction. More trust without group-therapy vibes.

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3 - Story Sprint: Make the Next Quarter Make Sense

Duration: 45–90 min

Best for: Strategy that isn't landing, scattered execution, too many priorities.

What happens

Turn priorities into a narrative people remember (problem → stakes → focus → behaviours). Define “what we stop doing.” Translate into 3 behaviours + 3 proof points.

Benefits

Shared language. Better decisions. Stronger execution. Fewer side quests.

Delivery

- In-person: Nordics (incl. Denmark) + Germany core; Europe-wide travel possible.
 - Online: available via Zoom for distributed teams.
 - Group size: typically 6–30 (larger groups possible with adjusted format).
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Flagship Session Deep Dive

Reinvention Sprint: Clarity + Next Steps

A structured, corporate-friendly reset that turns transition into clarity, decisions, and next moves in under 90 minutes.

Flow (60–90 min)

Where are we now (10–15 min): Quick mapping: what's true, what changed, what's unclear. No therapy. Just signal.

What ended / what's calling us forward (15–20 min): Name the old chapter and the new chapter in plain language so everyone stops improvising different realities.

The hidden drag (10–15 min): Surface the predicted loss (control, competence, identity, belonging) and neutralize it with one or two agreements.

Decision Filters (15–20 min): Cut noise fast: what we do / what we don't / what we pause. Clarify constraints and decision owners.

Next 30–60 days (10–20 min): Pick 3–5 moves. Assign owners. Define the first small step. Set the next check-in rhythm.

Outputs

- A shared “Next Chapter Map” (photo + summary of what ended, what matters now, what we're building).
 - 3–5 clear actions with owners + first steps.
 - A lightweight decision filter the team can reuse.
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Why it works

People don't resist change. They resist the losses they expect it to cost. We lower those costs first, then execution becomes easier.

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Practical requirements (in-person)

- Projector/screen (beamer) with HDMI input (or compatible adapter) + power outlet near presenter area.
- Movable chairs and space for small-group work.
- Whiteboard/flipchart + markers preferred; sticky notes helpful.
- For groups above ~15, a microphone can help; speakers if audio is required.

Sprint Lite variants (optional)

- Sprint Lite (30–45 min): Decision Detox.
- Micro (15–20 min): Next Chapter Reset.