

WHAT HAPPENS IN THE MOMENT MATTERS

A workshop exploring how nervous system regulation, emotional & relational intelligence, and systems thinking drive real organisational and social change

In complex workplaces and social systems, outcomes are rarely shaped by strategy or structure alone. They emerge in real time -through moments where pressure rises, uncertainty increases, and people must respond before they have full clarity. This workshop is grounded in a simple but powerful idea: systems don't change in theory - they change in moments

Drawing on neuroscience, emotional regulation, relational intelligence, and systems thinking, participants explore how internal states, interpersonal dynamics, and repeated interactions collectively shape organisational outcomes. Rather than focusing solely on frameworks for change, this session builds the *capacity* that enables change to occur in real time especially under pressure. Participants develop practical, accessible skills to regulate themselves, communicate effectively across a range of situations, and better understand how everyday interactions contribute to long-term system change.

The workshop can be delivered as a full session or broken into modules, depending on the depth required for each concept. It provides a strong foundation for individuals and teams looking to build genuine capability in navigating complexity, strengthening relationships, and influencing meaningful change.

Learning Outcomes

By the end of this session, participants will be able to:

1. Recognise what is happening in the moment under pressure

Identify how stress responses, emotional activation, and cognitive narrowing influence perception, communication, and decision-making in real time.

2. Strengthen regulation and presence in difficult interactions

Apply practical strategies from neuroscience and somatic awareness to remain grounded, reflective, and responsive rather than reactive in high-pressure conversations.

3. Apply relational intelligence in real workplace dynamics

Navigate discomfort, conflict, and difference with greater empathy and awareness. Learn to listen beneath behaviour and respond to underlying needs, using practical tools for both supportive and constructive conversations.

4. Connect moment-to-moment behaviour to system outcomes

Understand how repeated interactions shape culture, inclusion, psychological safety, and performance over time.