



Where neuroscience meets *empathy*, *intuition* — human potential *takes shape*.

A new generation of executive programs and team experiences
for leaders, founders and high-performing organizations across
Italy and Europe.

Evidence-based. · Embodied. · Made to take form.

Valentina D'Amico

FOUNDER · CREATOR OF MBS COHERENCE™

TERAMADRE.COM

THE NAME

A name *that carries* its own method.

Long before Tèramadre became a method, it was a name — and that name was chosen for a reason.



τέρας

TÉRAS

From Ancient Greek: **prodigy, wonder, sign, spark that gives life.** From the Indo-European root *kwer- — "to make, to form, to bring into being."



mater

MADRE

The matrix. What carries, generates, brings into the light. The principle that gives form, nourishment and emergence to what is still unborn.



Tèramadre

TÉ · RA · MA · DRE

The matrix of the wonder. The principle that brings into form the prodigy still held within each person, each team, each organization.

Tèramadre carries the DNA of change.

Inside each of us, there is a wonder.

Our method is the matrix that calls it into form — with the precision of science, the depth of the body, and the care of presence.

THE MANIFESTO

Most corporate wellbeing programs are *a quiet promise* that never lands.

A keynote. A breathwork morning. A team-building activity that everyone politely calls "nice." Three weeks later, the team is back where it started — under load, miscommunicating, depleted.

The reason is not the format. It is the **level of intervention**.

Performance under pressure is not a skill. It is a physiological state. Communication under stress is not a technique. It is what a nervous system produces when it feels safe enough to be precise.

For more than a decade, Tèramadre's work has lived at the intersection of medical science, applied neuroscience, somatic practice, and high-end experience design — building programs that don't motivate teams, but bring them **into form** at the level where culture is actually decided: the body.

"We don't deliver workshops. We design moments in which a team's collective nervous system learns, for the first time, what coherence feels like. From that point onward, everything else — communication, decisions, presence, culture — takes shape."

What follows are the three signature corporate experiences and programs we deliver across Italy and Europe. Each one is built on the same proprietary method — **MBS Coherence™** — and tuned to a different moment in an organization's life.

THE METHOD

MBS Coherence™ — *a proprietary operating system for human potential.*

Developed over a decade of practice with executives, healthcare leaders, founders and high-stakes teams, MBS Coherence™ integrates three layers that most corporate programs address only in isolation.



Mind

How people think when the pressure rises. The patterns that shape attention, decisions and inner language — the layer that decides the quality of a choice before it is even made.



Body

What the body does while a person leads. The nervous system signs every interaction, every silence, every decision. It can be read. And it can be brought back to where it is needed.



System

What happens between people when the load is high. Real team dynamics — the silences, the escalations, the patterns of trust — don't change through a workshop. They change when a group experiences itself differently.

The method is grounded in research, but its actual texture lives in the room. What makes it a method, rather than a collection of practices, is the way we hold the three layers together — and that is something we share with you in the work itself.

What stays the same across every engagement. *The care for the room. The precision of the science underneath. The respect for the time people give us. The rest is shaped each time around who is in front of us.*

THE THREE SIGNATURE OFFERINGS

Three doors into the same architecture. *One method underneath.*

TEAM EXPERIENCE · CORPORATE CULTURE · ESG

MBS Neuroweave Experience™

01

A team experience that lasts a few hours and leaves something physical behind in the company — a material artefact built by the people themselves during the session. Not a workshop. A space in which a group works together on a level that is usually not opened, and walks out with something that remains. For organizations also focused on ESG and employer branding, the resulting object becomes documentable and visually identifiable.

FOR: LEADERSHIP OFFSITES · CORPORATE RETREATS · ESG ACTIVATIONS · SALES KICKOFFS · POST-MERGER INTEGRATION · CULTURAL EVENTS

EXECUTIVE TRAINING · COMMUNICATION · PERFORMANCE

NeuroDesign of Communication™

02

A program for those who communicate where the stakes are high — boards, negotiations, public moments, crisis windows, internal transitions. Communication techniques work well when people are already centered. Here we work on what sits underneath, and on how a word arrives differently when it comes from a different state.

FOR: C-SUITE TEAMS · FOUNDERS & BOARDS · SENIOR LEADERSHIP GROUPS · SALES & CLIENT-FACING EXECUTIVES · COMMUNICATION-CRITICAL FUNCTIONS

EXECUTIVE MENTORSHIP · 1:1 & SMALL GROUP

Coherent Leadership™

03

A mentorship — individual or in small executive cohorts — for those who carry pressure as part of their work: founders, CEOs, executives in transition or scale moments. We work across months, in a rhythm that allows real change rather than occasional insight. The point is not doing more. It is building a way of leading that can be sustained over time.

FOR: FOUNDERS · CEOS · C-SUITE EXECUTIVES · HIGH-STAKES LEADERS DURING TRANSITION OR SCALE MOMENTS

THE PRACTICE BEHIND THE METHOD

The practice *behind the method.*



Founder of Tèramadre. Creator of the MBS Coherence™ method. Academic background in Medicine and Surgery (Università di Bari), Master's in Coaching, Master in Functional Medicine and Nutrition.

Since 2023, the work has extended into scientific biohacking, integrated into the method after her participation in the **World Biohacking Summit in Dubai** — as the only Italian speaker present. She collaborates with organizations such as **Everywhere SB** and with realities working in healthcare, social-care and administrative environments.

Editorial collaborations with **Maggioli Editore**. Teaches at **LUMSA Human Academy**.

Lasting change in an organization happens at the level of the body, the breath, and the nervous system.

HOW WE WORK

How we arrive *at a proposal.*

We work with a limited number of organizations per year, because every engagement we propose is built around the conversation itself — not around a pre-set grid. Here is the way we usually begin.

Step 01

A first conversation

A 30-minute conversation. You tell us about the moment in the company, we ask a few questions. If we feel we can be useful, we move on. If not, we say so.

Step 02

A written proposal

Within a few days we send a written proposal: format, timing, evaluation approach, investment. Shaped on your context, not from a catalogue.

Step 03

The work itself

On-site or hybrid, in Italian or English. Where it makes sense, we include before/after evaluation tools to give a concrete observation of the shift. A brief written report to the leadership closes the engagement.

Step 04

What comes after

When it makes sense to keep going, we do. For some organizations this means a second targeted intervention. For others, a longer arc that integrates team experiences, mentorship and cultural integration. It is decided together.

LANGUAGES & GEOGRAPHY

Delivered in Italian and English · Available across Italy · European Union · Switzerland · UK
· Open to longer-distance engagements on request

AN INVITATION

For the organizations *ready to take form,* we'd love to hear from you.

Tèramadre accepts a deliberately limited number of corporate engagements each year. If your organization is considering a leadership program, a culture-defining team experience, or a transformation moment that deserves more than a standard workshop — we invite you to start a conversation.

Every engagement begins with a 30-minute discovery call. No template, no pitch deck — just a precise conversation about what your team and organization actually need.

REQUEST A TAILORED PROPOSAL

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