

A woman with long dark hair, wearing a grey blazer, is seated at a desk in a bright office. She is pointing with her right hand towards a document on the desk. The desk is cluttered with papers, a red mug, and a pen. In the background, there is a window with a view of green trees. The overall atmosphere is professional and collaborative.

CREATIVE POWER FOR PERFORMANCE

Business ecosystems are increasingly complex, unpredictable, fast and move beyond what the intellectual mind can grasp.

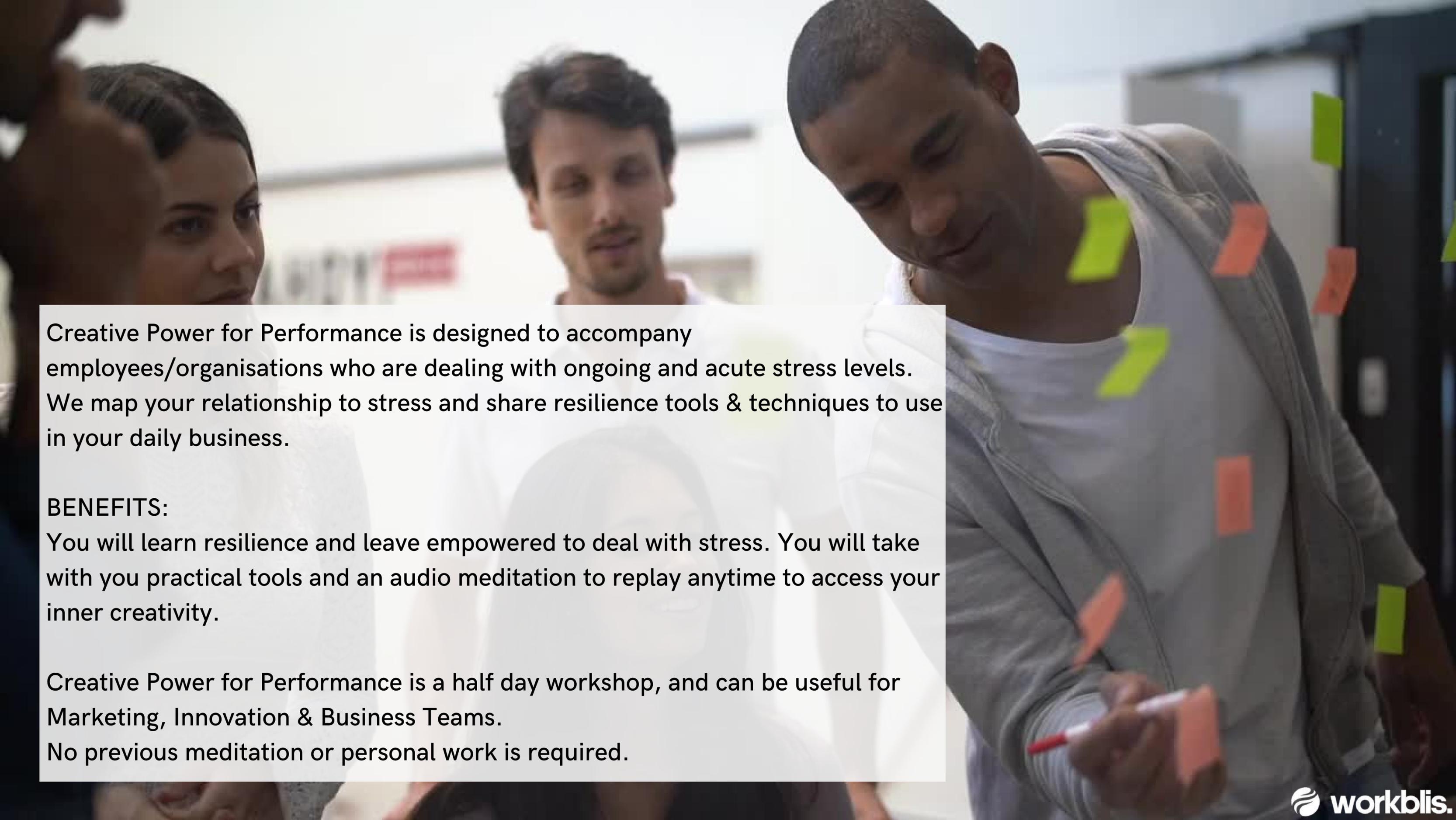
Many companies are undergoing severe restructuring while others need to reinvent themselves to be relevant in a rapidly evolving marketplace.

The pressure on people has reached unprecedented levels. Globally, mental health challenges are now an alarming business concern.

While many environmental stressors are common to us all (such as noise), acute experience of stress is also related to our inner beliefs and emotional agility.

High chronic stress blocks the creative channels and hampers the normal functioning of the body and mind. It hinders your company's human capital & future success.





Creative Power for Performance is designed to accompany employees/organisations who are dealing with ongoing and acute stress levels. We map your relationship to stress and share resilience tools & techniques to use in your daily business.

BENEFITS:

You will learn resilience and leave empowered to deal with stress. You will take with you practical tools and an audio meditation to replay anytime to access your inner creativity.

Creative Power for Performance is a half day workshop, and can be useful for Marketing, Innovation & Business Teams.

No previous meditation or personal work is required.

Workshop hosted by Sahar S. (English, French, Spanish)



Sahar is a culture strategist and transformation coach. She works with individuals and teams to create lasting change with high impact.

With a 15 year track-record in leading international consumer businesses where she held management roles in Finance, Strategy and Innovation, Sahar's experience combines sharp business acumen with an in-depth understanding of organisational effectiveness and the human capital challenges companies face.

Sahar has worked 7 years in human development, accompanying the transformation of individuals and the growth of teams. She is trained in Tibetan meditation, neurobiology of stress/change, and is passionate about personal development and the human psychology.

Her workshops help teams unlock greater human potential, shift mindsets and build bridges towards a regenerative paradigm.