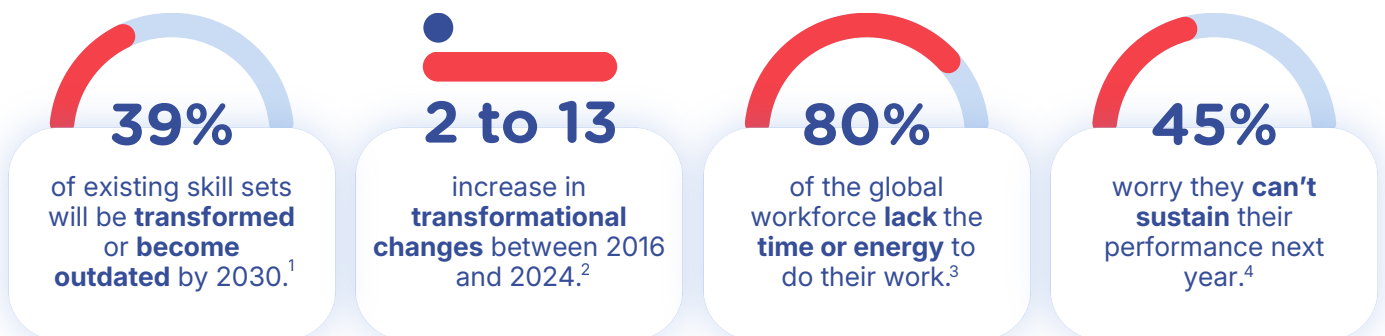


# Proven Behaviour Change Programmes Based on the Latest Science



*Building the skills to sustain performance, energy and resilience in a world of cognitive overload.*

Most organisations don't have a motivation problem. They have an energy problem. Digital transformation, constant change, and rising expectations are draining people faster than organisations can adapt.



[1] Future of Jobs report 2025 WEF. [2] Gartner research 2024. [3] Microsoft Work Trend Index Annual Report 2025. [4] Gartner research 2023.

**We build the human foundation for a sustainable transformation.**

**Zest for Work** redesigns how organisations generate energy, enabling teams to sustain performance, focus, clarity, and adaptability under continuous demand.



## What Organisations Gain

Leaders who **recognise stress** signals **early** and **protect decision** quality, safety, and performance **under pressure**.

A **scalable capability** that strengthens sustainable execution, accelerates adoption of new ways of working, and supports retention through change.

A **shared language** for energy and resilience that makes healthy, high performance **repeatable across teams**.



# Behavioural Resilience

Do you have the Energy for what matters most?

Build habits that sustain energy, support recovery from physiological stress, and improve long-term health and performance. Align daily behaviour with personal priorities, and renew both physical and mental energy more intentionally to improve focus and quality of life.

## Workshop Flow



## This highly interactive programme will help you:

- ✓ Understand how to skilfully manage, renew, and optimise energy to prevent burnout.
- ✓ Clarify your personal purpose to guide meaningful decisions and drive purposeful action.
- ✓ Define actionable strategies that will enhance and sustain your physical health and mental well-being, including nutrition, sleep, exercise, brain health, mindfulness, and focused attention.
- ✓ Develop a personal plan that closes the knowing-doing gap and build daily habits that sustain energy.



### Delivery Format

1 day live or online blended 3 week journey with online sessions. Facilitated by experts in energy and resilience.



### Language

English, Dutch, French, German, Polish, Portuguese, Russian, Spanish, Mandarin Chinese, Arabic.



### Audience

Leaders, and all professional levels.



### Journey

Plan a follow-up with your team to discuss team habits supporting energy or follow up with Emotional and Mental Resilience programmes.



# Industry leaders **collaborate with Zest** to build resilience.

## \$2000 PP ROI

Our 1-Day **Behavioural Resilience** workshop has a proven impact on performance & retention.



**13**  
global languages  
programmes for  
global teams.



**77%**  
of participants  
reported at least  
1 positive behavior  
change after 30 days  
(most made more!).<sup>[1]</sup>



**3x** more likely to stay  
when employees have  
sufficient energy.<sup>[1]</sup>



**Energised**  
managers  
tend to lead more energised  
and engaged teams.<sup>[1]</sup>

[1] Case study: \$50B food and beverage manufacturer



**You are in good company!**

## Helen Wray, Global Lead, Mental Health and Energy, Mars Inc.

Zest for Work delivers high-quality resilience and energy Management programmes that have helped us shift behaviours and culture at Mars towards sustained energy and performance. Zest moves beyond delivery, supporting our rollout expansion across new languages and locations worldwide as a true strategic implementation partner. Their flexibility makes scaling easy, and they are a pleasure to work with.



Read what they  
say about us!



**Trusted by  
Global Leaders**

**MARS**



**J&J**



**Get in Touch**



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