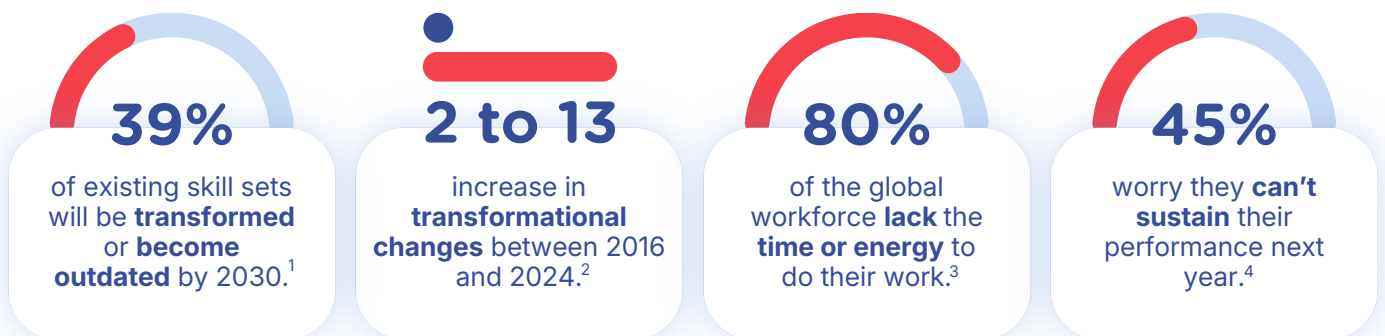


Proven Behaviour Change Programmes Based on the Latest Science



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

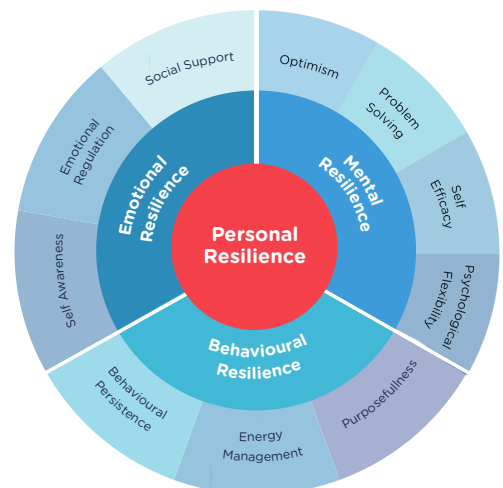
Most organisations don't have a motivation problem. They have an energy problem. Digital transformation, constant change, and rising expectations are draining people faster than organisations can adapt.



[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**.

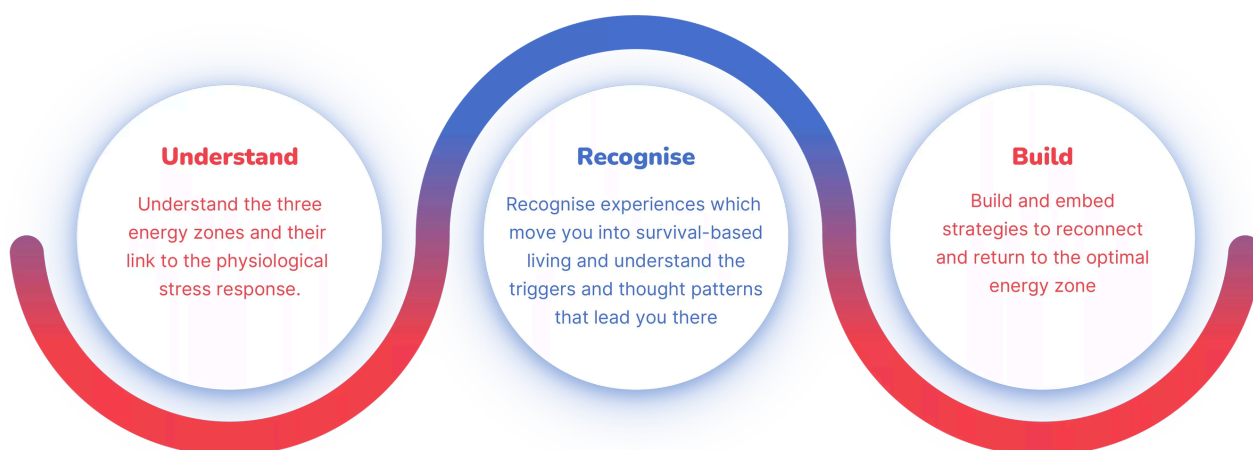


Emotional Resilience

Becoming StressWise

Learn to recognise and regulate your automated stress response before it affects decision-making, collaboration, and performance. Build awareness of personal stress signals, triggers, and survival patterns, and learn practical techniques to reset and recover under pressure.

Workshop Flow



This highly interactive programme will help you:

- ✓ Understand the different energy states you operate from and how stress influences them.
- ✓ Gain self-awareness of personal stress response; the triggers, and the physical, emotional and mental shifts you experience when under pressure.
- ✓ Learn to spot early signs of stress and regulate and recover in the moment.
- ✓ Develop a personal plan to help return to balance and bounce back after stressful events.



Delivery Format

1 x 3.5 hour session, live or online. Facilitated by our experts in energy and resilience.



Language

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



Audience

Leaders, and all professional levels.



Journey

Emotional and Mental Resilience programmes can be delivered independently or alongside Behavioural Resilience.



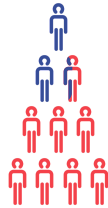
Industry leaders **collaborate with Zest** to build resilience.

\$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!).^[1]



3x more likely to stay
when employees have
sufficient energy.^[1]



Energised
managers
tend to lead more energised
and engaged teams.^[1]

[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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