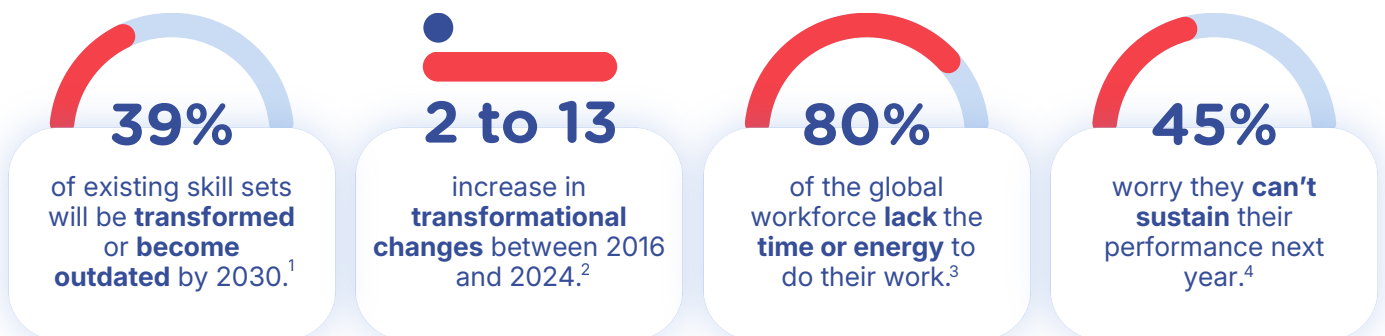


Proven Behaviour Change Programmes Based on the Latest Science



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.

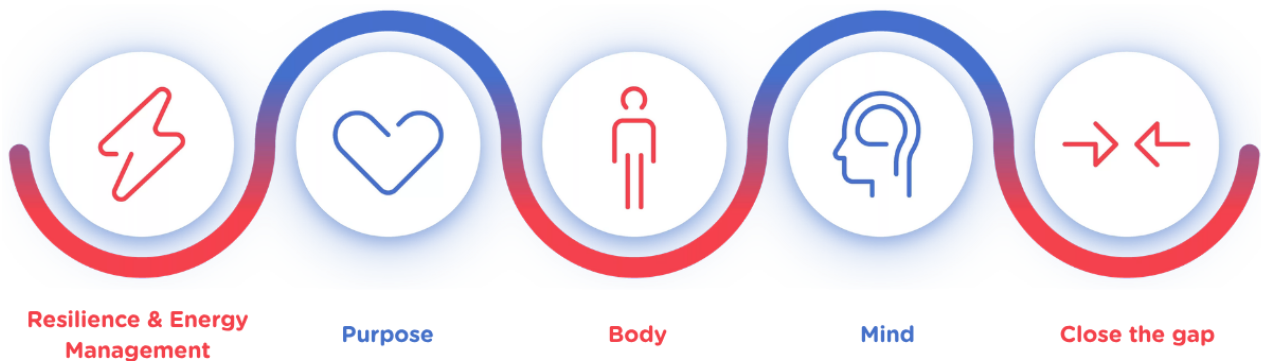
A **shared language** for energy and resilience that makes healthy, high performance **repeatable across teams**.

Resilient Leaders

Build energised and thriving leaders

Knowing what to do is one thing. Putting it into practice is another, especially under the pressure of leadership today. After this workshop, leaders leave with greater clarity of purpose, practical tools, and a personal strategy to build habits that sustain energy and performance. They feel more grounded, focused, and composed, enabling them to make sound decisions and lead others through uncertainty and sustained pressure.

Workshop Flow



This highly interactive programme will help leaders:

- ✓ Strengthen their ability to manage energy, regulate stress, and sustain performance.
- ✓ Recognise the survival patterns and protective behaviours that shape how they think, decide and lead under pressure.
- ✓ Clarify their personal purpose to guide meaningful decisions and drive purposeful action.
- ✓ Experience how recovery and regulation practices renew energy, focus and clear thinking.
- ✓ Define the practices that best sustain their focus, energy, performance, and resilience.
- ✓ Build a personal plan to close the knowing-doing gap and build habits for healthier, more purposeful leadership.



Delivery Format

2 day offsite, in person. Immersive experience with deep reflection, physical activity, mental and emotional regulation practices.



Language

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



Audience

For leaders in demanding roles who want to lead with more energy, clarity, and resilience in a world of constant change.



Journey

An experiential journey that helps leaders reset, reflect, and build the habits needed to lead well in today's world.



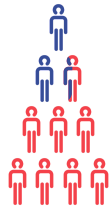
Industry leaders **collaborate with Zest** to build resilience.

\$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!**

Tamara Hassan, Vice President, People & Organisation, Majid Al Futtaim, Asset Management business

Our leadership wellbeing programme with Zest for Work was a game-changer for us at MAF Properties. It equipped us with practical tools to better manage our energy and prioritise recovery, so we have more to give, both at work and at home. This also helped us role model the right leadership behaviours to promote wellbeing across our organisation. The experience also helped us build greater resilience as leaders, enabling us to navigate challenges with more clarity, composure, and purpose. It was an inspiring and timely reminder of the importance of investing in our own wellbeing to lead sustainably and effectively.



Read what they
say about us!



Trusted by **Global Leaders**

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