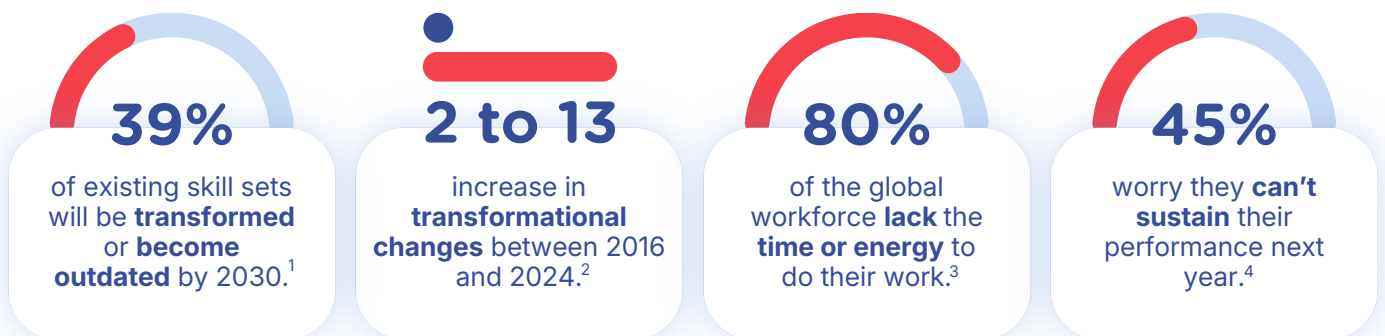


Proven Behaviour Change Programmes Based on the Latest Science



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

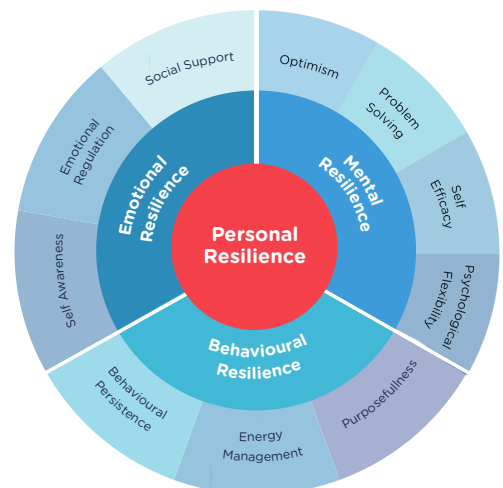
Most organisations don't have a motivation problem. They have an energy problem. Digital transformation, constant change, and rising expectations are draining people faster than organisations can adapt.



[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**.

Stresswise People Managers

Cultivating Wellbeing & Resilience in Teams

Equip managers to identify, minimise, and respond to stress in themselves and their teams. Managers learn to navigate stress confidently by building the awareness and tools needed to spot signs of stress early, respond effectively, and support psychological safety across their teams.

Workshop Flow



This highly interactive programme will help managers:

- ✓ **Recognise and Manage Stress:** Understand psychosocial risks, identify early signs of stress in themselves and their employees, and develop strategies to respond more effectively.
- ✓ **Support Team Wellbeing:** Enhance their understanding of how their behaviour influences the team and learn how to initiate conversations about signs of stress, thereby creating a psychologically safe environment.
- ✓ **Organisational Support:** Understand the boundaries of their role in addressing signs of stress and learn how to utilise other organisational resources for support.



Delivery Format

1 x 4 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

People managers across all levels of the organisation.



Journey

Resilient leadership is a great next step to help people managers develop further.



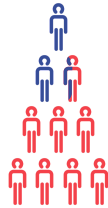
Industry leaders **collaborate with Zest** to build resilience.

\$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!

Tina Weilmuenster, Head of Learning and Talent Development, ESA European Space Agency

Designing a custom-tailored learning with Zest – it's been a pleasure! Zest designed an engaging learning format to enhance manager's competencies to detect stress signals early on in themselves, and in their teams, and take appropriate action. The training has been rolled out to our leadership population and is now receiving excellent feedback for both, the virtual and the on-site format.



Read what they
say about us!



**Trusted by
Global Leaders**

MARS



J&J



Get in Touch



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