

Tier 1 Syllabus

The Psychology of Professional Well-Being

Overview

In an era of chronic workplace pressure, "survival mode" has become the default setting for many professionals. This session examines the psychological mechanisms of stress and recovery. Using the HERO Framework (Psychological Capital), participants will learn how to move from a reactive state to one of proactive focus and mental clarity.

Learning Objectives

By the end of this session, participants will be able to:

- Identify the cognitive symptoms of "survival mode" and its impact on decision-making.
- Define the four pillars of Psychological Capital: Hope, Efficacy, Resilience, and Optimism.
- Apply science-backed "micro-recovery" techniques to protect mental bandwidth throughout the day.

Modules

- Part I: The Biological Reality of Stress. Understanding how high-pressure environments impact the prefrontal cortex and cognitive performance.
- Part II: Building Your HERO Profile. A guided self-assessment of your current psychological resources.
- Part III: The Mindset Pivot. Practical strategies for shifting from a fixed, reactive mindset to a growth-oriented approach.

Investment

\$2,500 Includes pre-session diagnostic, 90-minute live or virtual facilitation, and a summary "Agency Roadmap" PDF for the team.

Note: The Executive Briefing fee is 100% applicable toward a Tier 2 or Tier 3 engagement if booked within 30 days of the session.