

# Tier 1 Syllabus

## The Foundation

### Overview

In an era of chronic workplace pressure, "survival mode" has become the default setting for many professionals. This session examines the psychological foundations of human needs in the workplace. Using the HERO Framework (Psychological Capital), participants will learn how to restore their sense of Agency and move toward well-being.

### 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 Reality of the Modern Workplace. Understanding how high-pressure environments impact 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

**\$1500** Includes 90-minute live or virtual facilitation, a workbook full of psychological tools, and a 30-day Flourishing Map for the entire team.

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

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