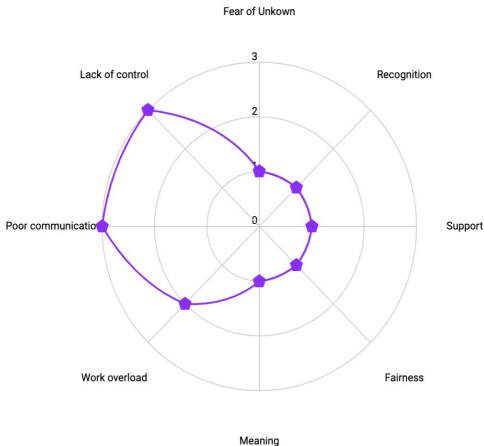


HOW TO DISTANCE YOUR EMPLOYEES FROM BURNOUT

CASE STUDY: How to grow individual engagement & team results by regulating your nervous system? Add physical sensations + body awareness to your teams decision-making process = learn somatic Intelligence and unlock productivity.



Somatic Intelligence is the solution to unlocking psychological safety in the face of the 8 pain points of burnout above. It is the competency that enables a person to connect with and comprehend the occurrences within the body and the resulting mental states. This intelligence is crucial for absorbing and learning from bodily changes. It is deeply tied to emotional and social intelligence, as it relates to the physical sensations one feels and drives communication and performance.



accenture

+10
Employees
Remotely

**Online
Platform**

2
HOURS
per week

Gained Per
Employee

SENSARAA & ACCENTURE

The Client Needs:

- ★ Team Cohesion & Communication
- ★ Team Efficiency

The Context:

- ★ Remote Environment

The Challenge:

Effectively leading a remote team of 10 employees who have never met in person. The absence of face-to-face interaction complicates building a cohesive team culture, potentially leading to communication issues and a lack of understanding among team members. Additionally, coordinating across different time zones presents logistical hurdles, while ensuring consistent engagement and productivity in a remote setting poses its own set of difficulties.

The Solution:

SENSARAA developed a tailored approach to enhance team dynamics in this remote setting. The solution comprised daily online practices coupled with 3 live training sessions. These sessions were crucial in teaching employees the art of somatic intelligence through practicing embodiment. The process was structured to facilitate learning at three levels: individually, with a peer, and within the team context. This multifaceted approach aimed to strengthen interpersonal connections, improve communication, and foster a more cohesive and collaborative remote work environment by leveraging the body as a management tool - and an innovative resource!

The Result:

After three weeks of consistent practice, employees reported a significant improvement in their work efficiency, gaining on average two hours per week. This increase in productivity was attributed to enhanced communication skills and more focus on a daily basis. A key aspect of this improvement was the employees' newfound ability to understand and articulate their emotional triggers and bodily sensations, translating these into clear needs. This skill helped them manage their emotions more effectively, reducing the time spent in unproductive emotional states. One employee's statement encapsulates the transformative impact of the program: **"Now that I know how to translate my triggers and body sensations into a list of needs, I am not scared of my emotions anymore."** This reflects a deeper emotional intelligence and self-awareness, critical 21st century skills for embodied leadership in a remote work environment.



+200
Women
@Google
Community

**Immersive
Training**

Psychological
**Safety
BACK**

After 1 Hour

SENSARAA & GOOGLE

The Client Needs:

- ★ Team Energy & Engagement
- ★ Work Life Balance

The Context:

- ★ Hybrid Environment

The Challenge:

Women leaders - And Men - with busy minds often face the challenge of managing overwhelming mental demands without utilizing their bodies as a resource for recharging energy. This disconnect can exacerbate feelings of burnout, as they might overlook the importance of physical well-being in maintaining their mental and emotional health - leading to decreased effectiveness for themselves and their teams.

The Solution:

SENSARAA brings executive education in nervous system regulation. It uniquely blends solo, duo, and group practices, available both in-person and virtually, with immersive learning environments like ancient Egypt and outer space. This innovative approach not only engages participants but also facilitates the formation of new neuronal connections, leveraging neuroplasticity - enhancing team performance.

The Result:

ALL participants of the SENSARAA program unanimously reported a significant learning outcome: the ability to create conditions that foster a sense of safety within their teams. This new understanding emphasizes the importance of considering not just the mental but also the physical aspects of team dynamics. They recognized that acknowledging and integrating bodily awareness is a critical skill for enhancing collaboration and improving product outcomes. This insight reflects a paradigm shift in leadership approach, where physical well-being and somatic awareness are now seen as essential components in building effective, cohesive teams and driving successful projects.

« Sometimes we forget that we are working with other human beings - when we operate like robots we are not able to understand each others' point of view - but when we consider our bodies we can better collaborate and come up with original product outcomes. »