

exos

Exos gets you ready to...

Work better together

A TWO-DAY ON-SITE IMMERSIVE EXPERIENCE

Exos coaches join your team on your turf to explore and practice groundbreaking strategies – ones that are scientifically-proven to improve how humans, teams, and workplace cultures function.



exos

The experience

So you want to balance business imperatives with your team's wellbeing? We've got the science and Exos coaches to help.

BEFORE

Participants take a baseline assessment, enabling our coaches to personalize their experience.

DURING

We guide your team through a strategic mix of keynotes, breakout discussions, workshops, and recharge breaks related to the four science-backed principles of working better together: establishing psychological safety, prioritizing recovery, making room for flow, and promoting dissent.

Each participant will create a unique go-forward Gameplan that incorporates strategies for triggering Flow and boosting recovery.

AFTER

A week later, we'll supply a customized recommendation that leverages data collected during the event. We'll identify where your team can shift focus in order to balance employee wellbeing and business objectives.

exos

The benefits

By the end of the two-day experience, your team will be ready to work at a higher level and in a healthier way.

HEALTHIER CULTURE

—

You'll have a bottom-up understanding of where you need to take your culture and evolve your team's "house rules" in order to sustain new behaviors and boundaries.

HEALTHIER INDIVIDUALS

—

Each participant will leave with the mind-body knowledge, tools, and agency they need to operationalize psych safety, recovery, Flow, and dissent for themselves and within their teams.

HEALTHIER TEAMS

—

Your team will have a renewed sense of belonging, camaraderie, and accountability to one another. They'll also leave with actionable strategies that will help them work better together over the long term.

**"I'd never seen this approach to team building,
and I loved it!"**

Participant, August 2022 workshop

Ready to learn more? [Book time with us](#)