

# Team Building | Executive Coaching | Leadership Development

Science - Art - Human-Centred Design - The ART is You

Organisations need leaders who can navigate complexity, build psychologically safe cultures, and inspire high-performing teams. Traditional training can miss that mark, by focusing on transactional outcomes and theory, while overlooking the human operating system that drives behaviour, connection, and innovation: the brain and nervous system.



## What Makes This Different

A science-informed, experiential approach is used to help leaders and teams understand what's happening beneath the surface of everyday behaviour and interaction. Designed and delivered by Renae, a qualified counselling and art-therapy practitioner with a human-centred design background, this work blends intelligently created multi-sensory engagements with reflective practice and systems thinking. The results are experiences where people begin integrating insights immediately in meaningful, fun and practical ways.

## What Sets This Apart

- Grounded in neuroscience - participants learn about their own "operating system" first.
- Experiential, not lecture-based - creative methods enhance engagement and reveal new insights.
- Scalable and flexible - from single workshops to multi-session team and leadership programs.

## Format & Delivery

Flexible and scalable to suit your organisation's needs. Popular in person offerings for organisations are:

- 3 x 2-hour leadership workshops - Deep-dive into science and the human operating system, equipping leaders to understand themselves and their teams at a foundational level.
- 3 x 3-hour whole-of-team workshops - Strengthen team connection, enhance communication, unleash creative innovation, and build cohesion.

Also available as standalone sessions, full and half-day intensives, or tailored programs.

## Evidence & Impact

Research tells us that the capabilities that matter most - now and into the future - are deeply human. Emotional intelligence, communication, adaptability, collaboration, and critical thinking are the foundations of psychological safety, engagement, wellbeing, retention, and genuine team performance.

To truly shift culture, capability and navigate change well, leaders and teams need immersive, reflective, and human-centred experiences that help people understand the art of awareness, emotional intelligence, communication, critical thinking and creativity, from the inside out - [The ART is You.](#)

*"I highly recommend Renae to any organisation looking to build genuine cohesion and resilience."*  
Director of Services - Victorian Government

## Why This matters Now

With the psychosocial safety legislation, the bar has shifted from compliance to culture from avoiding harm to building communities where people thrive. Shifting workforce expectations and rapid change demands leaders who can think creatively, respond empathetically, and build safe, high-performing cultures.

## Who This Is For

Leaders, project managers, directors, executives, HR and OD leaders building future-ready workforce capability in government, corporate, and public sector organisations.

**85%** of hiring managers report a skills gap.

### Top needs for the next 5 years:

- communication & collaboration **84%**
- critical thinking **81%**, adaptability **71%**.

Source: Hays 2025 Skills Report.

## What You'll Do:

**Connect**  
Build Social & Emotional Intelligence

Self-Awareness  
Authentic Communication  
Self-Leadership  
Empathy & Connection

**Innovate**  
Unleashing Creative Intelligence & Problem-Solving

Critical Thinking  
Curiosity & Experimentation  
Mental Agility & Adaptability  
Creativity & Innovation

**Thrive**  
Enhancing Resilience, Wellbeing & High Performance

Wellbeing  
Engagement & Retention  
Resilience  
Empowerment & Performance



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