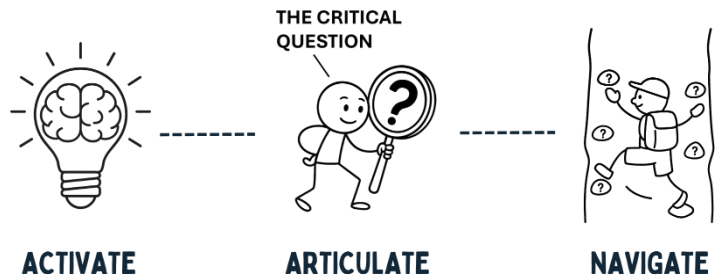


# MASTER YOUR MOMENT

WITH CONFIDENCE AND  
CLARITY



**In high-stakes situations, your people don't need another plan - they need a way to think clearly in the moment. This workshop introduces The Moment Method™ and Questioneering as tools for navigating complexity with clarity and confidence.**

## Does this sound familiar?

Things are moving quickly. A curveball hits. You're mid-conversation and everything suddenly feels foggy. Everyone's looking at you for a decision, a plan, a way forward – but in that moment, your mind goes blank.

This isn't about indecision. It's about pressure. And the way our thinking collapses just when clarity is most needed. This workshop gives your team the tools to stay in the moment – and think usefully, even when the path isn't clear.

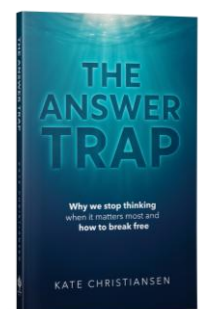
## What's going on?

In disruption, your brain goes looking for a plan that no longer fits – or a shortcut that feels safe. But what's really needed is space. A moment to pause, reset, and ask the right question.

That moment is The Moment – a window between reaction and response. And it's where real clarity and true collaboration live.

This workshop introduces The Moment Method – a practical, repeatable approach to staying grounded, thinking deliberately and navigating complexity without defaulting to quick fixes.

**Duration: Full day - Face-to-face or online**



## What we'll explore

- ✓ What The Moment is – and why missing it leads to poor decisions and lost traction
- ✓ The five zones of the Moment Mountain – and how to navigate each
- ✓ How to spot when you're in reactive mode, and re-engage intentionally
- ✓ The four essential moves to Activate your thinking (Feel it, Name it, Calm it, Claim it)
- ✓ How to Articulate the real question underneath the chaos
- ✓ What Questioneering and why it's the best way to navigate disruption
- ✓ What happens when you lead with the wrong question – and how to shift it

## This workshop is for you if...

- ✓ Your team is working through persistent ambiguity or competing priorities
- ✓ You're facing "problem paradoxes" where traditional problem-solving isn't working
- ✓ Decisions feel rushed, reactive or based on outdated assumptions

- ✓ Your team is fatigued from constant change and ambiguity
- ✓ You want a more adaptive and engaged team in uncertainty

## What your team will walk away with

- ✓ A shared model for navigating complexity in real time
- ✓ Tools to pause, reset and lead their own thinking under pressure
- ✓ Confidence in slowing down to get clear, instead of rushing to react
- ✓ A simple, repeatable practice for asking better questions and staying engaged
- ✓ Language and structure to make uncertainty feel navigable – not paralysing

## What it gives you as the leader

- ✓ A way to create clarity – even when the answer isn't obvious
- ✓ A team that can hold ambiguity without panicking or passing it back to you
- ✓ A method for leading without rushing, freezing, or over-functioning
- ✓ Space to stay strategic – even in moments of high emotion or disruption

**This is where your team learns how to stay steady when things get messy. They stop reacting and start thinking.**

**ENQUIRE NOW**

