



New
Pangea
2025



Our approach

1/4

NEW PANGEA

Performance | Leadership | Wellbeing | Coaching
www.newpangea.co.uk

Dear Reader,

Fantastic, you found us and are reaching out, that's huge - take a moment....

Thank you for downloading our approach document, we love that you too have the drive and awareness that taking back control through purpose and wellbeing is the future. The information contained within this document is to clarify New Pangea's approach to solve the problem which the world and business faces today, protecting the interests and wellbeing of it's people.

You will find information on our two areas of expertise and focus, neuroscience and coaching, why and how we believe these are critical, as well as an example of a typical business performance programme.

You will also find two QR codes below, one to our website and the other to our bookings page - where you will be able to schedule your discovery call and find what a collaboration looks like.

Don't worry if you're not sure what it looks like, we guide you through the process of you're own situation, as we all know everyone person and business is different.

What will you do next?

Looking forward to find out.



**Schedule
your call
HERE**




Rob Murray
Founder & Director



NEW PANGEA


Jack Biss
Founder & Director





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Neuroscience

We help leaders and their teams thrive by combining real-world leadership experience with neuroscience.

Effective leadership starts with the brain and how it drives behaviour, decision-making, and wellbeing. By combining neuroscience with real-world experience from fast-moving, high-risk environments, we help leaders unlock their potential and create teams that thrive under pressure. Understanding how the brain responds to stress and change allows leaders to make smarter decisions, stay resilient, and foster a healthy, high-performing culture.

We bring together leadership experience and insights from the physiology of human behaviour to help leaders perform at their best while supporting their own wellbeing and that of their teams. By applying science-backed principles of motivation, focus, and resilience, leaders can build teams that are engaged, adaptable, and empowered—delivering results without burning out.

Our approach isn't just for leaders. Through neuroscience-based training, every individual gains agency over their own wellbeing, learning to build positive habits that enhance focus, resilience, and overall mental and physical health. By equipping everyone with the tools to understand and manage their own brain, we create organisations where wellbeing is proactive, shared, and embedded in daily practice.



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Executive coaching

(Verb)

"a partnership with clients in a thought-provoking and creative process, that inspires them to maximise their personal and professional potential."

- International Coaching Federation (ICF)

Supporting a client through executive coaching creates a powerful catalyst for lasting growth, learning and wellbeing. By understanding how the brain drives behaviour, emotion, and decision-making, clients develop deeper self-awareness and the ability to regulate their responses under pressure.

This combination enables greater clarity, emotional intelligence, and resilience - key foundations for effective, compassionate leadership and management.

The coaching process empowers leaders to align personal and business values with actions, enhance focus and adaptability, and cultivate a culture of trust and wellbeing. The outcome is a more self-aware, confident, and balanced leader who can sustain high performance while fostering the growth and wellbeing of their teams.

We support you in both the discovery and adoption of change, with professionalism, collaboration, humanity and respect.



Case study example programme; Client objective - To discover and enhance leadership, performance and culture

