



NEW PANGAEA

Making extraordinary ordinary: habits that hold under pressure

ROB MURRAY

MSc Neuroscience candidate

Former police commander

KEYSTONE

Performance that starts with the individual.

Why do wellbeing initiatives so rarely change how people actually perform?

Most wellbeing initiatives are something an organisation does for its people. Keystone hands control back to them.

THE PROBLEM

Sickness absence, fatigue and poor focus are usually treated as HR problems. They are biological ones. How well someone thinks, decides and holds up under pressure depends on whether their brain and body are getting what they need, and no poster campaign or one-off wellbeing day changes that. People change it themselves, when they understand why it matters and build the habits one at a time.

THE PROGRAMME

Three 2-hour sessions, a month apart, for groups of 25–100. Delegates learn how five foundations shape how well they think, decide and hold up under pressure, then take ownership of the habits that make the biggest difference to them. Each month gives a habit time to be tested in real working life before the next is added. Sessions are interactive, with the audience taking part live from their phones.

Sleep	Connection	Fuel & hydration	Movement	Mindset
<i>recovery, memory and judgement</i>	<i>trust, belonging and the social brain</i>	<i>the brain's energy supply</i>	<i>stress regulation and focus</i>	<i>how we interpret pressure</i>

WHAT YOU RECEIVE

Three live sessions Three 2-hour sessions over three months, for 25–100 delegates, at your premises	Personal ownership Every delegate leaves each session with the specific habits they will test before the next	Built for results Designed to reduce sickness absence and lift day-to-day performance, not tick a wellbeing box
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WHAT PEOPLE SAY

<i>"Really inspiring, made me rethink some aspects of my wellbeing."</i> Supply Chain Directors' conference, Specsavers	<i>"Great session, right level of wellbeing focus, humour, breakout time and 'further reading' references."</i> Supply Chain Directors' conference, Specsavers
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YOUR FACILITATOR

Rob Murray spent 20 years in policing, 17 of them in leadership roles. Later in his career, as a Silver and Bronze Commander, he commanded 4,500 officers for a US Presidential state visit. He worked on state visits for three US Presidents, royal events, one of the country's largest sporting occasions, the 2011 riots and the response to a national emergency. He went on to lead national graduate leadership programmes before founding New Pangea.

Few people have made life-and-death decisions and studied what that does to the brain. Rob has done both, and that combination sits at the heart of Keystone.

MSc Neuroscience candidate	BSc Zoology (Hons)	Silver & Bronze Commander	Senior Police Leader
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INVESTMENT FROM £12,500

For groups of 25–100 · tailored to your organisation and sector

To discuss Keystone for your organisation: robmurray@newpangea.co.uk | newpangea.co.uk