

LUNCH AND LEARNS

THE MENTAL EDGE



Your people are capable of more.

Sometimes they just need the tools to get there.

SESSION TOPICS:

01.

The Story In Your Head Is Lying To You

When people are stuck in limiting beliefs about what they're capable of or where they belong, it shows up everywhere — in hesitation, in under-contribution, in teams that never quite reach their potential. This talk gives people a way out. It identifies the stories that form early and run longest, and delivers a practical tools for interrupting and rewriting them. People leave with a toolbox of strategies and skills they can use immediately — and organisations see the shift in how their people show up.

03.

Everyone Feels Like A Fraud: Here's What To Do With That.

Imposter syndrome is one of the most common and most quietly costly experiences in any workplace. It keeps capable people small, silent, and risk-averse — and that costs organisations more than most leaders realise. This talk reframes the experience: imposter syndrome doesn't have to be a sign you don't belong — it can be a sign you're growing. It normalises it across the room, and walks people through a practical step-by-step framework for moving through doubt instead of being managed by it. People leave with a process they can use the next time that voice shows up — and the confidence to take up more space.

02.

Performing Under Pressure

Pressure, change, and uncertainty don't just affect performance, they affect how people think, communicate, and lead.

When teams understand why their brains behave the way they do under stress, they stop fighting themselves and start adapting. This talk delivers the neuroscience of performance in plain language alongside practical tools and techniques that people can apply straight away. The result: a team that's more agile, more resilient, and better equipped to perform when it counts.

04.

Know Your Team: A Session on What Actually Makes People Tick

Misalignment, friction, and underperformance in teams are rarely about capability. They're about people who don't yet understand how each other works. This session gives teams a shared language for that — the different ways people process pressure, communicate, and show up under stress — and creates the kind of honest conversation that changes how a team operates together. Works as a standalone professional development session or as the entry point into ongoing team coaching. Either way, teams leave with greater awareness of each other and a foundation of trust that directly supports performance.

WHAT PARTICIPANTS SAY:

"Informative and engaging - skills I can implement straight away"

"An outstanding session that was equal parts humorous, insightful, and deeply motivating, sharing valuable tools and perspectives that really resonated with the group"

"Engaging, energising, pragmatic and fun"

Get in touch