



FINDING AND FOLLOWING THE THREAD IN PROJECT MANAGEMENT AND YOUR OWN MIND

Tools from cave diving and cognitive training to optimize planning & decision-making in stressful environments

CONCEPT

Provide new tools based on cave diving and pragmatic cognitive training for strategical planning, critical decision-making and team work in stressful environments while understanding and balancing our own mental patterns.

Cave diving is an extreme work environment where project planning and risk management are life-and-death matters. It involves useful tools to deal with critical decision-making as a team, efficient planning and contingencies. Cognitive training techniques give us new insights in the way our mind work and the processes leading to frustration. To be efficient and balanced, one can learn to act instead of react, and manage stress instead of suffering from it.

Experience new tools through team exercises following a nylon lifeline and through guided cognitive training sessions.

METHOD

The workshop **mixes team exercises from cave diving and individual experiences from pragmatic cognitive training.**

Exploration cave divers use physical nylon guidelines to map unknown environments and safely lead to the exit. By laying and following nylon circuits while dealing with concrete issues, teams gain new perspectives directly applicable in the corporate world for planning, communication, monitoring and decision-making in stressful situations.

While cave diving techniques help to understand team dynamics, cognitive training teaches about the inner working of the mind. Guided mind training sessions and group discussions between the exercises will help participants reflect on the reciprocal influence of external factors and inner states to achieve better stress management for sustained performance and intelligent action.

TEAM

It will be led by cave diver, diving educator and explorer Julien Fortin, in collaboration with PwC's Director in Business Process Excellence, Michka Guerrier.

PREP

No diving or cognitive training background is required. The workshop participants are aged between 20 and 60 with widely varying physical exercise habits.

OUTCOME

What will change in your day-to-day life after attending this workshop?

- You will be able to recognize and control stress more efficiently
- You will take appropriate decisions as a leader and a team member even in stressful situations
- You will gain new techniques to remain focused under pressure despite distraction
- You will build a team and work culture around the values of reliability, trust and collaboration
- You will acquire new, concrete tools to help you maintain concentration, efficiency and balance in your daily work.

INFO



LENGTH

2 versions:
Full day or half day



LOCATION

On site



FEES

Tailored



STARTS ON

Tailored

**BE AN ATHLETE AT A DESK,
NOT A DESK ATHLETE.**

For more information:
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