



# RESILIENCE, WELLBEING PLAY-CIRCLES

Customisable, interactive, playful Circling Workshops to build engagement, emotional resilience, E-IQ, mental fitness, collaboration (Socio-EIQ) and professional awesomeness - unleashed by neuro-economics!



## PLAYCIRCLE WORKSHOPS OVERVIEW

Creating a people-centric workplace culture that grows Psychological Capital

Customised workshops for your team/organisation/leaders to build engagement, satisfaction, motivation, connectivity emotional resilience, innovative thinking, productivity, self-efficacy, optimism and hope.

- Highly engaging and energetic!
- Off-site or on-site, in-person or remote
- Half-day or full-day, possible as team-building activity
- Also available in shorter (min 1h) "lunch & learn" format, breakfast meetings or part of your well-being day, intermezzo at training days, conferences or congresses.

### Play & Resilience Training - a potently delicious combo!

- **Why play in the workplace?** Learning to play, and improvise is part of natural intelligence and can release stress, return joy, foster connected team dynamics (creating "trusting teams"), boosting leadership and creative problem solving unleashed by neuro-economics & neuro-ception in action!
- **Resilience** is akin to being the enterprise's immune system, a prerequisite for any successful business strategy.
- Marise's **Holistic Resilience & Leadership Development** is a propellant for top talent attraction, engagement, and retention. seeding sustainable business performance, growth, and innovation.

### Customisable to your unique needs & goals or choose from tried and trusted Play-circle options:

Emotional IQ Safari / Emo Resilience Power-hour / Resilience Recharge / Team Resilience Burst / Social-IQ Cultural IQ / African Groove Stress-bust / Neuro-Safari Shakedown / Oxytocin-Resilience Flow / Think on your feet! / Nail it with Neuro-economics! / Neuroceptive Leadership / NeuroFlow Leadership Lab and more...

## CIRCLING - AN ACCELERATOR OF EMOTIONAL RESILIENCE, E-IQ, SOCIO-EMO-IQ.

A Rocket Booster 🚀 for your workplace, Marise's approach to **Holistic Resilience & Leadership Development**, based on her transformative **Trauma-informed, Somatic E-IQ Methods** is a human-centric, **neuro-scientific**, interplay of head (engagement 🧠), heart (happiness 😊) and **neuro-economics**. Just like a rocket propels to new heights, this is your propellant 🚀 to **Conscious Leadership** and **highly engagement teams (boosting sales by 18% and profits by 25% *Inspirus*)**.

Engaging playfully in non-ordinary ways in the psychologically safe setting of a Circle, participants are inspired to access natural intelligence. In the rushed, multi-tasking, distracted environment of modern business, circle-based meetings offer a chance to slow down in a space designed for engaged connection.

Personal Development Circles are the best way to encourage sharing and are a growing trend in the business community because beyond organisational hierarchy, these types of interactions give all participants a chance to be seen and heard, for each to share their perspective and hear from others. Research shows:

- 85 % of people who have participated in a circle-shaped meeting say it's had a positive impact in their lives inviting members to physically be there for each other, more so than a traditional arrangement.
- Circles encourage trust, integration, inter-connectedness, collaboration and connection rather than division, bringing participants together and encouraging future success, even outside the realm of the circle.
- Circles create safe spaces for feedback and development, quickly getting to the 'meat' of what really matters. Participants are more likely to 'go there' during this type of interaction.
- Circling works neuro-economics, unleashing hidden organisational abilities towards goals & aspirations.
- Circles expand participants' perspective. Interactions tend to be more honest and open with truths emerging that can usually be applied to a larger arena, benefiting your workplace
- Circles help participants feel seen and heard putting colleagues one giant step closer to understanding and recognizing each other.
- Circles address conflict in healthy and productive ways and can start the process of synthesis of seemingly-unresolvable opposing positions by revealing dynamic links and possibilities of how polarities can co-exist together.

## WORKSHOPS SUMMARY

Here's an overview of what these Playcircles include:



### 1h to full day customisable Teambuilding/Playcircle Workshops

An interactive circle workshop that blends learning, sharing, play, movement, interaction and hands-on practise of emotional resilience tools that boosts satisfaction & productivity.



### Group Interaction:

As workshop guide, I will facilitate plenty of opportunities for group interaction and reflection, encouraging stepping out of the comfort zone with humor and gaining access to participants & group innate intelligence.



### Emotional resilience & leadership tools in action:

Participants will be encouraged to engage, interact, activate self-reflection, self-efficacy, leadership abilities, creative & innovative solution-seeking "out of the box" and recharge.



Marise Hyman

Workplace Wellbeing, Resilience & Leadership Specialist  
[marisehyman.com/workplacewellbeing](http://marisehyman.com/workplacewellbeing)

## Dimensions of Well-being & Psychological Capital addressed:

- Mental health - stress and anxiety management
- Resilience training
- Team relationships
- Leadership development & growth



Research shows that play can have enormous benefits for physical, emotional and social wellbeing, engagement and productivity, which in turn boost business growth and the bottom line.

## ABOUT YOUR FACILITATOR, MARISE HYMAN

Originally from South Africa, resident in Luxembourg since 2009, after multiple reinventions Marise's strong, resourceful nature, paired with a passion for human-centric, sustainable values, and a hunger to learn and grow is evident from her career in Finance followed by a drastic career-change to the Self-Growth field. With the end result sustainable business growth, cost-savings and innovation, her zone of genius will afford you **Top talent attraction, Engagement, Retention, Resilient Wellbeing & Conscious Leadership in line with ESG Values.**

Blending her *multi-culti* multiple career background, 1st-hand experience of corporate stress & burnout and overcoming of personal life challenges, she innovated **Holistic Resilience & Leadership Development programs** based on her transformative **Trauma-informed, Somatic E-IQ Methods.**

- She is a **Trauma-Therapeutic Embodiment Expert in Resilience & Leadership** and has been facilitating transformational experiences since 2013 until current (in-person & online globally) in Emotional Resilience, Emotional IQ, Mental Health/Fitness, Burnout prevention, Social-Emotional IQ (Neuro-economics, Relationships, Conflict), Life Trauma (PTSD) & Complex Trauma (CPTSD) - the major hidden cause of stress & burnout as well as Preconception to Parenting.
- Self-led by nature, her strong Leadership skills shines through in several domains:
  - **SA Chartered Accountant & Auditor** (7yr), 1st time pass for both Qualifying Board Exams 2005
  - **Finance/Auditing 16 years experience globally** until 2013, incl **Big 4:**
    - Audit Traineeship then promoted to Partner - small-medium audit firm in SA 2005
    - Senior Associate Audit of Hedge Funds - PwC Cayman Islands 2006-2008
    - Senior associate, then Audit Investment Funds Manager PwC Lux 2009-2013
    - Cross-cultural integration to expat life from SA to Luxembourg via the Cayman Islands in 2009.
  - **Career change and own business startup** since 2013: Trauma-Therapeutic Self-growth & Relationship Trainer, Facilitator, Coach, Healer and Doula
  - **Founded a Human-centric NGO** serving Lux parent community, advocating for Mental Health, sustainable parenting, Human Rights in Childbirth (2014 - 2020): Hosted Luxembourg's 1st Birth Culture Brunch in 2018 advocating for Human-centric Maternity Care.
- Overcoming a smorgasbord of personal challenges, equipped her with an **embodied understanding of Resilience and "Diversity & Inclusion"** themes: Early life trauma, Growing up in the Apartheid conflict & transitions in SA, Raising a conscious family as an expat in Lux since 2011, Conscious uncoupling after 25 yr partnership with SA husband "who came out late" as Homosexual in 2021 (she understands the contrasting dynamics of D&I in a hetero-normative society).

