



Workforce Capability Lab

Training How People Think,
Choose, and Function Under
Pressure

Why Now

- Most people were never trained in how to think and function clearly under sustained pressure
- Operating from old patterns can put even the strongest people at a growing internal cost
- The ability to access clarity and choice under pressure has never been more important than it is now

Most professional development assumes people can reliably access clarity, regulation, judgment, and follow-through when it matters most. The lab addresses the missing layer: the internal patterns that shape how people think, choose, and function under pressure.

In this lab, participants will learn to:



Recognize how patterns shape their clarity, choices, and actions under pressure

Identify, observe, and retrain internal patterns that limit access to judgment and follow-through

Work with their bodies and minds in real-time under cognitive load

Restore internal stability and broaden their capacity to respond coherently in high-pressure moments

Expected Outcomes:

- Greater Clarity Under Pressure
- Improved Decision-Making
- Stronger Follow-Through
- Greater Awareness of Patterns, Self, Impact
- Increased Stability Under Pressure

Ideal for Organizations Facing:

- Rising overload and overwhelm
- Reduced discernment and decision capacity
- Reactivity and communication under cognitive pressure
- Change fatigue and difficulty following through

Format Options:

- 60-120+ minute interactive lab
- Multi-session capability development

Investment: 90-minute local lab pricing begins at \$3,500. Custom pricing available for multi-session engagements and sponsored school/community delivery

I identify and retrain the patterns that shape how people and systems think, choose, and function so that we can translate them into practical pathways for change in real time.



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