

The Space Between Us:

One-Page Overview

The Essence

This is not just another corporate workshop. It's a shift in how your team **sees** - each other, themselves and their role. It also reveals what gets in the way of showing up fully - with each other and within ourselves.

Most teams don't lack skill. What they're navigating are invisible patterns of pressure, fear, and self-protection - often unspoken, but quietly running the show.

This program starts to bring those dynamics into the light - without anyone in the group needing to explain, or overshare - and begins to create conditions for more authentic, conscious collaboration.

What You Can Expect

- A calm, structured space to explore the unseen dynamics shaping your team
- No role-play, no forced sharing - just real insight through reflection
- Simple practices that dissolve stress and build clarity
- Stronger communication and collaboration - without effort or performance
- Lasting change through awareness, not behavior management

Program Structure: A Four-Part Team Program for Conscious Collaboration

Session	Theme	Key Insights
1	Seeing the Unseen	How habits we didn't know we had shape team dynamics, habits, and communication.
2	Thoughts Are Not Facts	How thought drives stress, reactivity, and conflict - and what happens when we see through it.
3	Who We Think We Are	How identity and ego roles restrict collaboration - and how fluidity opens up space.
4	The Power of Awareness	How awareness dissolves tension and allows clarity, resilience, and connection to emerge.

Format & Time Commitment

- 4 x 3-hour live sessions (biweekly)
- On-site (easiest) or in external conference venue (most effective) at extra cost. Digital is possible, but not recommended.
- Optional 40-day reflection journey (8 weeks, 3-10 min/day)
- Custom coaching & follow-up available

Ideal For

- Leaders eager to give their teams the stability, clarity, and presence needed in uncertain times
- Teams experiencing stress, misalignment, or communication breakdowns
- Organizations looking for deeper, lasting change - not another quick fix

What Starts to Shift

- Conversations begin to clear - less tension, more ease.
- Meetings feel lighter - more presence, less pressure.
- Trust starts to grow through quiet recognition.
- People speak with more honesty, less reactivity.
- Feedback softens - less defense, more understanding.
- Leadership becomes calmer, clearer, more grounded.

Investment

- SEK 50.000 for up to 6 participants
- + SEK 5.000 per additional person
- Includes 4 x 3h sessions, all materials
- Optional: 40-day reflection journey & coaching sessions available

NB! If after the first session you feel the program isn't right for your team, you may cancel and receive a full refund for the remaining sessions.