

# Mantra Emotional Culture Shaping



## Audit – Align – Activate: The Mantra Method to Emotional Culture Shaping

### Culture Shaping Programme

Mantra Emotional Culture Shaping Programme is a premium, insight-driven product for organisations seeking to build more emotionally intelligent, psychologically brave cultures. Delivered as an end-to-end process, it fuses diagnostic insight, facilitated exploration, and strategic guidance.

### Programme Outline

1

#### Emotional Culture Survey & Audit

- Kick-off Meeting & Immersion with senior leadership / HR
- Custom Emotional Culture Survey built around psychological bravery, values, and emotion at work
- Analysis of results, mapping cultural gaps and emotional trends across the team

2

#### Emotional Culture Shaping Workshop

- Half-Day Interactive Workshop (in-person or virtual)
  - Playback of key insights
  - Team storytelling around emotional highs/lows
  - Psychological bravery exercises
  - Co-creation of ideal culture behaviours

3

#### Strategic Recommendations

- Debrief Session with leaders (virtual)
- Final Recommendations Report

**Build a culture where people feel safe to speak up, show up, and step up.**

#### Ideal for:

Organisations with 30–75 team members undergoing growth, change, or culture development.

#### Deliverables:

- Culture Audit Summary Report
- Final Recommendations Report with:
  - Key emotional culture themes
  - Risks and opportunities
  - Priority actions for People & Culture / Employee Engagement strategy
  - Ideas for embedding emotional language in leadership and comms

#### Investment:

**Investment:** €7,495 + VAT

**Duration:** 4–6 weeks

**Time Commitment:** 5 consulting days

**Optional Add-on:** Executive 1:1 coaching or leadership pre-session – add €475 to the total price to avail of this extra service