



The Academy

The Academy *by Intuition | Perform Through Your People*

Course Titles

<u>Title</u>	<u>Page</u>
<u>Building Personal Resilience & Mental Strength</u>	<u>4</u>
<u>Proactive Energy Management for Personal Effectiveness</u>	<u>12</u>
<u>Reclaim Your Metabolic Health</u>	<u>18</u>
<u>Thrive Under Pressure: Emotional Intelligence, Balance & Sustainable Performance</u>	<u>25</u>
<u>Understanding Financial Health & Wellness</u>	<u>32</u>

Methodology



We offer transformative learning experiences through meticulously designed face-to-face and virtual workshops aimed at maximizing engagement and practical application.

- **Experiential Learning:** Our sessions prioritize active involvement, moving beyond passive information absorption through hands-on, experiential methods.
- **Interactive Engagement:** We seamlessly combine theoretical insights with practical application using activities, group discussions, and relevant case studies.
- **Adult Learning Principles:** Recognizing learner experience and preference for self-direction, the curriculum fosters participation, peer-to-peer learning, and real-world problem-solving.
- **Expert Practitioner Faculty:** Workshops are developed and led by seasoned financial markets faculty who bring extensive industry knowledge and practical wisdom.
- **Facilitated Insight:** Instructors act as skilled facilitators, sharing real-world insights, addressing tough questions, and guiding meaningful discussions that leverage collective experience.

This dynamic approach ensures the learning journey is not only enjoyable but also profoundly impactful, fostering deep understanding and immediate applicability.



Building Personal Resilience & Mental Strength

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Course Overview



Have you ever wondered why some people seem to be particularly good at dealing with the ups and downs of life and work?

There could be many reasons, but people who are good at coping with challenges and setbacks usually have one thing in common: resiliency.

Resiliency is the ability to persist in the face of adversity and “bounce back” from setbacks. Resiliency comes from a combination of positive attributes we develop through our upbringing, education, social and cultural connections, and other life experiences.

This program looks at resilience to **understand what it is, why we need it, and how to develop it**; so that we have the strength and fortitude to overcome adversity, and to keep on moving forward towards our goals.

Learning Objectives



- ✓ Understand the Resiliency basics – why does it matter?
- ✓ Build stronger connections & relationships in a virtual environment
- ✓ Better understand self-esteem and confidence and how to invest in themselves
- ✓ Prepare for difficult conversations
- ✓ Create a sense of control and a vision for the future
- ✓ Build a tool set of resilience strategies to improve coping skills and reduce stress



Proactive Energy Management for Personal Effectiveness

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Course Overview



This ½ day workshop is designed to help working professionals understand and appreciate the concept of Personal Energy Management to optimize their personal effectiveness.

In this session, participants will be guided through the research and science behind Energy Management and introduced to different Personal Energy models that offer guidance on optimizing their energy, productivity and work-life effectiveness.

Participants will work towards coming up with actionable ideas to start, change or reinforce daily habits that enhance their energy effectiveness while they pursue their desired goals and aspirations.

Learning Objectives



- ✔ **Understanding Personal Energy:** Introduction to Personal Energy and the connection between energy, productivity, and performance
- ✔ Identify factors that can derail or sustain us in managing our energy positively
- ✔ Appreciate the different types of energy that can fuel us or drain us at work
- ✔ Develop actionable and sustainable ideas for starting, changing or reinforcing positive energy management habits
- ✔ Introduction to Energy Management models that allow us to self-assess our current state and develop sustainable action plans



Reclaim Your Metabolic Health

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Course Overview



If you've tried cutting calories, hitting the gym, or following trendy diets and still can't shift the weight, reduce your circumference or lower your HbA1c, it's not your fault. We are told to eat healthy, exercise more and reduce bad habits. But this mainstream advice does not work. It does not address the real cause of stubborn fat and blood sugar spikes — insulin resistance. **Reclaim Your Metabolic Health** tackles the root cause now. No more guesswork, no calorie counting, no zipping. Just a proven, step-by-step journey designed to reset your metabolism and reclaim your health. It shows you how to adjust your control panel because it is not one step that fixes all.

The course is designed to help you move from awareness to action, and from action to mastery. Through a combination of education, coaching and practical tools, you'll learn how to take charge of your metabolism for life. It is a comprehensive, science-backed training program designed to help participants understand, reverse and manage insulin resistance. Through a **structured 7-step process**, this course guides individuals from metabolic imbalance to sustained health and vitality.

Grounded in the latest research on nutrition, metabolic function and behavioral change, the program combines education, practical application and personalized coaching. Participants will learn to identify the root causes of insulin resistance, make informed nutritional choices, and develop sustainable habits that promote healthy ageing. This program can also be delivered through weekly coaching sessions, mid-week check-ins and continuous support. Each stage of the journey builds confidence, clarity and long-term results, helping participants to reclaim their energy, balance and wellbeing.

Learning Objectives



- ✔ Explain underlying mechanism of insulin resistance and its impact on metabolic health and identify key dietary and lifestyle changes factors that lead to metabolic imbalance
- ✔ Apply the 7-step framework to reset metabolism and support healthy ageing and develop personalized nutrition and lifestyle plans to promote stable blood sugar levels
- ✔ Recognize and manage common challenges such as cravings, plateaus and emotional eating
- ✔ Monitor measurable health markers such as waist circumference, HbA1c and energy levels. Build long term strategies for maintaining metabolic health and preventing relapse
- ✔ Cultivate a mindset of accountability, self awareness and resilience in managing health goals.



Thrive Under Pressure: Emotional Intelligence, Balance & Sustainable Performance

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Course Overview



Workplace pressure has become one of the most significant performance and wellbeing challenges facing organizations today. Gallup's latest global workplace report shows that **44% of employees experience high levels of daily stress**, a figure that has remained at record highs for the past three years. The American Psychological Association links chronic workplace pressure to burnout, disengagement, and increased physical health risks. These trends reflect what many organizations are seeing internally, and pressure is no longer a personal issue - it is a systemic business risk that affects employees, their performance, and retention.

The financial impact is equally compelling. The World Health Organization estimates that depression and anxiety—much of it work-related—cost the global economy **US\$1 trillion annually in lost productivity**. When pressure is unmanaged, organizations face increased errors, reduced innovation, and weakened team cohesion. When employees feel supported, performance, retention, and collaboration rise measurably.

This one-day program equips participants with the **skills, emotional agility, and practical strategies** needed to navigate pressure with clarity and confidence. Through **guided reflection, emotional intelligence techniques, and structured action planning**, participants learn to identify their pressure points, regulate their responses, and build sustainable balance. The **workshop blends evidence-based insights with hands-on activities** to help individuals strengthen resilience, improve interpersonal effectiveness, and contribute to a healthier, more productive workplace culture.

Learning Objectives



- ✔ **Identify** personal and workplace pressure points and their impacts
- ✔ **Apply** emotional intelligence, optimism and resilience strategies to manage pressure more effectively

- ✔ **Explain** emotional cues and use the human emotional wheel to recognize the multi-layers of emotions
- ✔ **Create** a personalized action plan using goal-setting framework/best practices to reduce pressure and improve balance



Understanding Financial Health & Wellness

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Course Overview



The concept of wellness involves all the three elements – physical, mental, and financial. In today’s world, while physical wellness gets most of the focus, the other two often get ignored, though most people understand the linkage between the three – after all, financial worries affect one’s mental health and of course, it is difficult to maintain good physical health when the mind is struggling.

One of the key reasons for this behavior is that many people around the world do not pay enough importance to achieving a certain level of financial literacy and being able to plan their expenses and manage their money. A recent study shows that only 33% of all Americans have a written financial plan.

Learning Objectives



- ✔ Understand the foundation of **financial well-being and planning**:
- ✔ The basic concepts of risk/reward
- ✔ Common asset classes
- ✔ The advantage of building a diversified portfolio
- ✔ The elements of planning and budgeting expenses
- ✔ Creating a savings habit
- ✔ Moving from savings to investments
- ✔ Targeting a core retirement fund to maintain lifestyle



Contact us for more details



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