

MINI PAUSE

Energy boosting sessions for
managers and their teams

Pause.

by Danielle North



The best part of
our programme,
raw, authentic
and insightful

Manager, Public Service Division,
Singapore Government

Introduction

Pause Global was founded by
Danielle North in 2019 to tackle the
growing challenges of burnout and
stress in modern business.



Our training, coaching and retreats
are designed to create the space
leaders need to regain clarity, so
they can make smarter choices
and lead with meaningful impact.

Pause Global is committed to
helping leaders and their teams
access the clarity, energy and
resilience they need to thrive in
a world that rarely slows down.

We offer a range of programmes
to suit your team, if something
you need is not here, please get
in touch, we always enjoy having
a creative conversation about
supporting and developing leaders.

This brochure covers one
of our cornerstone services -
the Mini Pause. Details of our
flagship Performance Pause
Retreat, bespoke Pause Team
Days, Executive Coaching and
online Micro Pause sessions
can be found on our website:
pauseglobal.com

Our Clients

accenture

FARFETCH



PEPSICO

Cadent
Your Gas Network

Bottomline
Technologies



Tetra Pak

Why Pause?

Like smartphones, people are not designed to be always on; to perform at their highest potential, they need downtime, space to breathe, reset and reboot their internal operating systems.

Pause provides that essential maintenance. It's the breath that prevents burnout and the moment of reflection that unlocks real breakthroughs. The more we embrace the power of Pause, the more we unlock our vast potential.

The philosophy of the Pause is simple: To thrive in a world that's speeding up, sometimes you need to slow down...



Because of the Pause
session last year,
I changed my life.

Manager, Arinex – Australia

MINI PAUSE

What is a Mini Pause?

As much as we love to be with your teams at our transformational leadership retreats, we know these are best saved for key moments in a team's journey.

That's why we developed a range of Mini Pause programmes, short, experiential, high impact training sessions, designed to give your teams access to high quality learning experiences online or at the office, whilst minimising disruption to customers and operations and giving you excellent value for money.

Mini Pause Programmes

There are currently 12 different Mini Pause Programmes outlined in this brochure. We are happy to discuss any other topics that you need.

Mini Pauses are suitable for graduates, managers, emerging talent and leaders. These sessions are flexible and can be included as part of an existing company programme, delivered standalone or scheduled as a series.



MINI PAUSE FORMAT

Duration: 3 hours
Location: Your workplace
Capacity: 15 pax
Audience: Graduates to Senior Leaders
Investment: £2,850 *

* plus VAT and expenses as applicable

About Danielle North

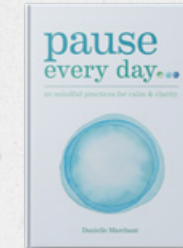


Pause Global founder Danielle North has been delivering coaching and training sessions to leaders and teams in organisations for over 20 years, in that time she has worked with leaders in more than 20 different countries. Danielle's expertise includes executive coaching, leadership development, team facilitation, coach development and organisational change. Clients have included amongst others, Accenture, Tesco, HSBC, McKinsey, Unilever, PepsiCo, Mondelēz, Mars, SAP, Valliant and Tetra-Pak.



AUTHOR AND THOUGHT LEADER

Danielle is the author of six books, translated into over ten languages and read by more than 100,000 people worldwide.



01 / Morning Meditations to focus the mind and wake up your energy for the day ahead. **02 /** Walking Meditations to find a place of peace, wherever you are. **03 /** Sleep Meditations to help tired minds unwind and drift off...**04 /** Pause how to press pause before life does it for you. **05 /** On Purpose discover the meaning of your life. **06 /** Pause Every Day 20 mindful practices for calm & clarity.

OUR TEAM

A best-in-class solution

Our team are experts in a range of fields including psychology, leadership, coaching, purpose, wellness and mental health and are passionate about seeking out the latest innovations in learning. They are part of our team because they are dedicated to their own journey of personal growth and development. We walk our own talk.



Mia O'Gorman

Executive Coach, Coaching Supervisor
and Leadership Consultant



Davina Houlton

Leadership & Team Coach,
Facilitator and Trainer



Emily Green

Chartered Business Psychologist, Executive
Coach, Coaching Supervisor



The Pause session
was like an oasis for
my thoughts and a
temple for my body.

Manager, Total Media – UK

MINI PAUSE

Permission to Pause

This Mini Pause explores the idea that rest and recovery are essential strategies for busy managers to maintain effectiveness and reduce stress.

By embracing a mindset shift and granting themselves "Permission to Pause," participants will discover how intentional breaks can recharge energy, improve decision-making, and enhance well-being.

The session offers practical techniques for integrating pauses into the workday, including stress management, mindfulness practices, and resilience-building, concluding with takeaway tools to apply immediately for better stress relief and work-life balance.



WE COVER

The power of intentional pauses and how rest enhances productivity

Understanding the effects of stress on the brain and behaviour

Mindful techniques for staying present and reducing overwhelm

Recognising stress triggers and responding with effective self-care practices

Creating space for recovery and rejuvenation in a busy schedule

Techniques for sustaining energy and well-being over the long term

MINI PAUSE

Energy for Everything

The 'Energy for Everything' Mini Pause focuses on how managers can recharge and sustain their energy throughout the day.

By increasing awareness of energy levels and developing small, intentional habits, participants will learn practical techniques to maintain their vitality, even in high-demand situations.

This session provides actionable strategies to identify energy drainers and boosters, helping managers manage stress and build resilience.

Participants will leave with tools to manage their energy effectively, ensuring sustained performance and well-being in both their work and personal lives.



WE COVER

Understanding energy awareness and its impact on performance

Identifying energy drainers and boosters

Developing habits to recharge energy

Techniques for managing energy in high-stress environments

Building resilience and maintaining balance





The Pause for
Performance session
gave me headspace.
I left feeling calmer.

Manager, ITV - UK

MINI PAUSE

Burnout to Balance

The 'Burnout to Balance' Mini Pause is designed to help managers recognise the signs of burnout before it's too late.

This session begins by exploring the five stages of burnout and the neurological impact it has on the brain and body.

Through guided reflection and group discussions, participants will identify where they may fall on the burnout spectrum and learn how to prevent it from escalating.

The session highlights the importance of proactive prevention, emphasising that the best cure for burnout is stopping it before it takes hold.

Through interactive activities, managers will explore practical techniques for restoring balance in their lives, boosting resilience, and maintaining well-being in high-pressure environments.

Participants will leave with a clear understanding of how to identify burnout in themselves and spot the signs in their teams.



WE COVER

Understanding the five stages of burnout

The neurological effects of burnout on the brain and body

Why prevention is the best strategy for combating burnout

Practical techniques for restoring balance and resilience

Building sustainable habits to maintain well-being



MINI PAUSE

Bouncing Back

The 'Bouncing Back' Mini Pause starts by redefining resilience for managers in today's fast-paced business environment.

We explore the idea that resilience isn't just about enduring tough times but actively cultivating the skills needed to adapt, recover, and thrive.

Through engaging discussions and group activities, participants will begin to recognise their own capacity for resilience and develop strategies to strengthen it.

As the session progresses, managers will learn how to view challenges as opportunities for growth, build a robust support

system, and maintain their well-being during difficult situations.

Using practical exercises, participants will gain a clear understanding of how to nurture resilience in themselves making setbacks easier to navigate and recover from.

The key takeaway is that resilience is a skill that can be developed, empowering managers to bounce back stronger from adversity and inspire those around them to do the same.



WE COVER

Redefining resilience: from enduring to thriving

Building a personal and professional support system

Viewing challenges as opportunities for growth

Techniques for maintaining well-being under pressure

Practical strategies to bounce back fast

MINI PAUSE

Growth Mindset

The 'Growth Mindset' Mini Pause begins by exploring the powerful impact of adopting a growth-oriented mindset on both personal and professional success.

In today's dynamic work environment, the ability to embrace challenges, stay motivated, and continuously improve is key to thriving.

This session will provide participants with the tools and mindset needed to unlock their potential and drive growth.

Throughout the session, participants will learn strategies to overcome obstacles, embrace learning opportunities, and

cultivate resilience in the face of setbacks.

We will also explore how fostering a growth mindset can enhance team collaboration and create a supportive, positive work culture.

By the end of the session, participants will have practical insights and tools to apply in their daily work and personal lives, empowering them to grow, adapt, and succeed.



WE COVER

Understanding the power of a growth mindset in boosting performance

Strategies for overcoming challenges and embracing continuous improvement

Techniques for maintaining motivation and achieving goals

Building resilience to bounce back from setbacks

Knowing when it is time to ask for support

MINI PAUSE

Confident Connections

This Mini Pause starts by exploring the idea that confidence is more than a feeling, it is also a mindset and a set of skills.

As we unlock the confidence mindset and people learn to practice the skills, they begin to discover the positive impact they can have on others in the workplace, and of course their confidence, assertiveness and influence naturally grows.

This session provides strategies for building confident connections with others, and will give tips on active listening, as well as asking those difficult questions.

The session ends by learning some assertiveness techniques in a fun and engaging way and provides takeaway tools to practice in real time situations.



WE COVER

Exploring confidence from within and managing the monkey mind

The importance of building rapport and trust

Active listening to understand the other person's perspective

Speaking confidently to be heard

Positioning messages in a persuasive way to make a positive impact

Say "no" positively and effectively

Overcoming objections for a beneficial outcome

MINI PAUSE

Boundaries in Action

The 'Boundaries in Action' Mini Pause begins by exploring the critical role that boundaries play in a manager's professional life.

We delve into the mindset and skills needed to set clear and healthy boundaries that foster both productivity and positive relationships.

As participants practice these techniques, they will start to see the benefits of boundary-setting in reducing stress, enhancing communication, and improving overall work-life balance.

This session provides practical strategies for implementing boundaries in the workplace, from assertive communication to handling pushback effectively.

By the end, participants will have hands-on experience in establishing boundaries that not only protect their time and energy but also strengthen their relationships.

Participants will leave feeling ready to navigate workplace dynamics with clarity and confidence.



WE COVER

The importance of setting boundaries to protect time and energy

Assertive communication techniques for establishing boundaries

Identifying common boundary challenges and how to overcome them

Maintaining a healthy work-life balance as a leader

Saying "no" effectively while preserving relationships

Developing self-awareness and confidence to maintain boundaries

MINI PAUSE

Mind Matters

This workshop begins with the exploration of how our thoughts, feelings, and behaviours are interconnected.

As managers develop the awareness (and possibility!) of how to manage their mind, they discover the significant positive impact this has on their personal well-being and their effectiveness in the workplace.

Naturally, their ability to lead with balanced emotions grows.

This session offers strategies for managers to enhance their mental resilience, providing techniques to navigate challenges and maintain a balanced perspective.

Participants will gain tools for effective emotional regulation and constructive behaviour management.

The session concludes with practical exercises run in a dynamic and engaging manner, ensuring participants leave with actionable insights for real-world application.



WE COVER

Understanding the interconnection between thoughts, feelings, and behaviours

Exploring the impact of triggers

Managing the inner critic and not take things personally

Developing emotional intelligence

Learning to let go

Recognising positive accomplishments

Practicing mindfulness and staying present

MINI PAUSE

Becoming Better

This Mini Pause begins by exploring the idea that we are all continuously growing and evolving. We enable the group to understand the ways this happens by drawing on their personal experiences using a creative activity.

The idea of 'horizontal' and 'vertical' development is then introduced at a simple entry level; and we use an interactive game to bring to life some of the skills needed for continued growth and becoming better, including curiosity, reflection, collaboration.

The session ends of a high with an inspiring and positive feedback experience. The key message we leave people with is

that development is not a plan; it is part of the fabric of everyone's life and career.

Our intention is to make the idea of development easy and enjoyable, and an integral part of the organisation culture at every level.



WE COVER

Your journey, what got you here?

How do we grow and develop?

The spiral of development

Types of development – horizontal and vertical

The problem with development plans

Drawing out skills for growth

Your development plan going forwards

MINI PAUSE

Spark!

The 'Spark!' Mini Pause is designed to ignite the potential of graduates by exploring the early stages of their professional journey and helping them connect their personal passions with their career ambitions.

This session begins by dispelling the myth that you need to have everything figured out from the start. Through interactive discussions and group activities, participants will discover that their path forward is shaped by curiosity, experimentation, and self-reflection.

As participants gain clarity on their values and goals, they will be guided on how to align these insights with their career aspirations.

Using reflective exercises, graduates will explore their strengths and interests, and learn how to translate them into purposeful, impactful actions in their professional lives.

Participants will leave feeling energised, with a clearer sense of direction, and equipped with practical tools to approach their careers with confidence and purpose.



WE COVER

Uncovering your potential: Debunking the myths of early career success

How purpose fuels motivation and direction in your career

Identifying your strengths, passions, and core values

Aligning personal goals with professional ambitions

Building a career with intention and impact

MINI PAUSE

Amplifying Energy

The 'Amplifying Energy' Mini Pause is an in-person only session designed to invigorate and refresh.

This session focuses on mindful movement (Qi Gong) to raise energy levels and is led by a fully qualified and insured Qi Gong Instructor.

During this experiential session, conducted mostly while standing, the emphasis is on mindful movement through Qi Gong to elevate energy.

We recommend participants remove their shoes for better grounding and suggest wearing comfortable clothing for ease of movement during this Mini Pause.

Adjustments will be made for people with health conditions that prevent standing for an extended period and for those who cannot stand at all. Each person completes a confidential health form for this session.

The key message is that energy amplification through mindful movement is a powerful tool for overall well-being.

Our intention is to make this practice accessible and enriching for all.



WE COVER

The connection between Pause and movement

Introduction to Qi Gong: What is it and why practice?

Amplifying Awareness: Connecting with the body and surroundings

Mood Boost: Activating Qi and boosting energy

Reflective Pause: Integrating the movement and cultivating stillness using sound waves

Noticing and exploring changes from the Qi Gong practice

Pause.

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