



Crush.

What's Next?



ABOUT

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britecatalyst

What is it?

The Crush is a systematic method to build your personal skills and confidence when facing change and transition in life. It focuses on simple, fast and easily actionable ways to reduce mental and emotional blocks.

How does it work?

The Crush. Program takes the form of a live online workshop, guided by a facilitator (we call a Navigator) trained in our methodology. Each workshop combines a series of simple, timed, mini-writing sprints, into a "Playbook".

Everything you do is private, there is no sharing or questions asked, and all activity is a mix of brain and behavioral related information, followed by rapid practice.

Participants exit with an organized and written map of What's Next, including, when, and how to activate more of what they want in life - in small, micro actions.

Who is it for?

Who is it for? Just about anyone! The Crush. has shown to be effective with a broad diversity of backgrounds, e.g., level, role, responsibility, gender, generation, culture, experience, industry, etc.

Why is it different?

Our Rapid Reset Methodology is a systematic blend of neuroscience, human development and management best practices, that can be tuned to address a broad variety of life topics. It's designed to be complementary to existing mental and emotional wellness programs.

CRUSH | CORPORATE PROGRAMS

All Crush. programs can be configured to work with exiting in-house initiatives or programs.

The Crush. is optimized for each individual to focus on personal and private discovery.

Specific individual insights are not shared within the workshop, however, the shared Crush. experience makes a powerful framework to increase team collaboration and connection.

CRUSH | THEMES

The basic Crush is focused on resilience skill building. Below are other themes available.

Unexpected Change | Focus on reducing worry or stress points into short-term (3 weeks to 3 months)

Retention or Post-RIF | Focus on mapping a 12 month, Quarter by Quarter plan

Leader Growth | Longer term visioning for more seasoned leaders. 10-year to 6-month plan.

Mastery Talk | Mix of Discussion, and a small intro to the Crush skills for Change.

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WORKFORCE INNOVATION

leaders and teams

Leaders describe Crush. benefits for themselves and teams.

Crush.

The unique methodology of Crush, which is both private, and a shared experience, enables every level of the company to enjoy personal and business benefit.

Crush. led me home to my authentic self. As a participant, the Navigator-led exercises build on each other to get you unstuck, micro-moments at a time.

As a 20-year People & Culture practitioner, I have both led and participated in many executive coaching sessions and training opportunities, but nothing quite as intuitive or practical as Crush.

I gift myself monthly sessions and always leave feeling refreshed and clear.

I would highly recommend Crush. Pro to organizational leaders looking to compliment or enhance annual reviews or quarterly staff check-ins - or any team leader looking to show tangible gratitude while supporting and empowering your teams amidst change and uncertainty.

Marina, C-Suite Human Resources Executive

"The Crush helped me to improve my focus and commitment at work - so I sponsored my direct reports to go through the program. They've gone from internally combative to collaborative

"Crushing It" is now part of our everyday language..

Emily, Media Network Executive

"Thank you! Taking things off our plate is rarely done. The Leadership Crush activities allowed us to truly think about and analyze daily habits and implement change."

LA County of Education Administrator

"I've done a number of leader training... the magic of Crush. is in its concision and usability.

It's great material packed neatly into a defined, short period. But doesn't feel overwhelming. It feels neat, comprehensible and practical."

Marc, C-Suite Legal and HR Executive

outcomes

SHIFT

perspective influencing negative attitudes. employees gain techniques to review relationship to self and reduce anxiety

REFRESH

employee performance through reusable techniques to reduce analysis paralysis

UNLEASH

potential with actionable tools to increase emotional and mental well-being.

CLEAR

actionable plans help employees holistically gain confidence in their purpose

HARMONIZE

personal and professional commitments more effectively



Crush. | What's Next?

The Crush is based on an innovative Rapid Resettm Methodology informed by neuroscience, human development, and management best practices. It is specifically designed as an accessible gateway to any employee wellness program, especially helpful to teams in high transition, change or high-performance environments.

Participants are given tools they can use on an ongoing basis to reduce mental blocks and make better critical decisions with less anxiety. Individuals exit with clearer priorities and goals enhancing teamwork. This methodology has been shown to be effective with a diversity leader backgrounds (e.g. gender, generation, culture, function, level, experience, industry).

| PROGRAMS | TIME | STANDARD FEE* | DETAIL |
|---------------------------|---------------|-----------------|--|
| CRUSH & Calm | 75 minutes | \$1,500 | Micro-workshop. Begin or streamline path of change/transition/evolution. 7 Sprints + 3-week action map. |
| CRUSH & Flow | 2 hours | \$2,000 | Offers further insight and reflection. 10-year visioning + 9 Sprints + 12-mo. action map. |
| CRUSH Your Block | 3 hours | \$2,500 | Provides quality time for reflection, exploration of priorities and the obstacles in your way. 10-year visioning + 11 Sprints + 12-mo. action map. |
| CRUSH Customized | up to 3 hours | begins @ \$3000 | Content & narrative customization includes consultant time, and workbook configured to company needs. |
| CRUSH Drop-in | 60 minutes | \$12/mo/person | Allows participants to join in monthly Crush & Calm workshops (unlimited). |

*Standard feeds include up to 50 participants.

workplace
anxiety & depression
costs an estimated
\$51B in
absenteeism
from work and lost
productivity. *

*2018 Mental Health America

PROGRAM INCLUDES

- Certified Facilitator (Navigator)
- Online Micro-Workshop
- Workbooks
- Can be configured with custom branding and for company culture, demographics, industry, and business initiatives.