

## Lunch & Learn with Susanne Jacobs: Understanding the science behind flexibility and human performance



Our enhanced range of Lunch and Learn modules is now available to you, led by Susanne Jacobs, one of the UK's leading organisational behaviour and performance experts.

Please note that these are **not included** within our Dynamic membership package and are available to our members for **£950 plus VAT** for a 45-minute Zoom module. Non-members will be charged **£1,200 plus VAT**. We offer a 5% discount when booking multiple sessions at the same time. Modules can be booked in any order you wish. Please speak to your Relationship Manager to book this. For non-members, please email us: [employers@workingfamilies.org.uk](mailto:employers@workingfamilies.org.uk)

### Theme 1: Why flexibility is the performance tool you've been looking for.

In these succinct 45-minute online sessions, you will learn how to create an energised high-performance team that is underpinned by practical evidence-based tools, using the science of flexibility.

- 📖 **Module 1: The Flexible Performance Angle:** Why and how flexible working directly supports sustainable performance and promotes wellbeing.
- 📖 **Module 2: The Art of Connection:** How to strengthen and maintain connection with your team, supported by flexibility.
- 📖 **Module 3: Trust the Real Performance Currency:** Learn the formula for trust and intrinsic motivation and how to measure these to implement an inclusive, flexible environment.

### Theme 2: What you need to know to integrate work and the rest of your world that will boost your energy, performance and wellbeing.

In these short, succinct 45-minute sessions, Susanne will bring you the top science-backed tools and techniques for you to navigate to a balanced world, where compromise shifts to greater fulfilment, boosted energy and more control.

- 📖 **Module 1: The Real Balancing Act:** How to 'have it all' using flexibility as a powerful tool to integrate your priorities in and out of work.
- 📖 **Module 2: Back to you:** Learn how to bolster resilience and motivation in a flexible working world.
- 📖 **Module 3: Manage Energy, not just Time:** How to leverage flexibility to improve focus, cognitive efficiency and decision making.

#### About Susanne Jacobs

Susanne is an organisational behaviour and performance expert, specialising in trust and intrinsic motivation. She has supported Working Families' work for years, helping leaders create flexible environments where people feel engaged, energised, truly included, and inspired to contribute. Susanne delivers knowledge and practical, research-based tools that are easy to grasp and apply so an organisation can strengthen human leadership capability, boosting performance, resilience and wellbeing.