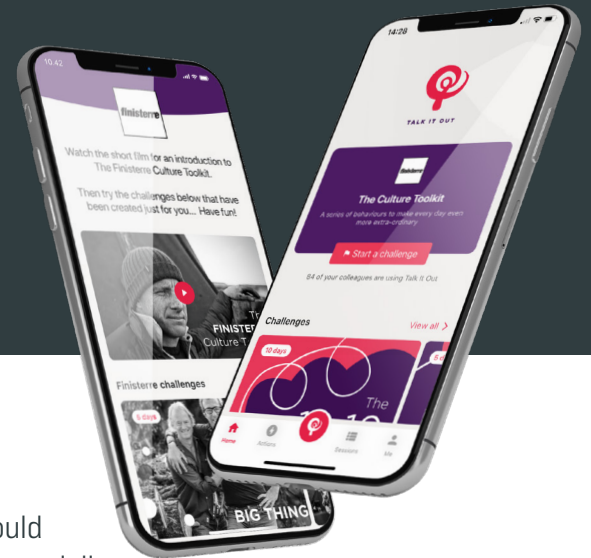


# “Talk It Out Eco-System”

A human, simple approach to embedding new behaviours by experimenting and landing personal learnings.



why?

95% OF WHAT GOES ON IN OUR HEADS COMES FROM OUR SUBCONSCIOUS.

This means most of us have no idea how we should be using our talents from one day to the next, especially when it comes to experimenting with new ways of being. By helping people to contextualise these experiments in their teams, the Talk It Out Eco-System creates an exciting, light-touch way to embed culture change.

how?

THE TALK IT OUT APP.

We launch with a keynote speech to introduce Talk It Out and how to use the app based eco-system. People are then onboarded into a branded area of the app.

- Each week we deliver a video introducing a new Upping Your Elvis behaviour for people to experiment with.
- People use the app to start their day by getting clear on how they can experiment with that behaviour, and then end their day by reviewing what they learnt.
- Each week people re-group in their teams to share their insights and review their learnings.
- Programmes run from 6 to 10 weeks with content crafted to your specific brief.

Thousands of people have used the Talk It Out Eco-System and it delivers powerful results, every time... People have 48% more energy to play with. They report a 39% increase in productivity and a 28% increase in creating a positive impact every day.



Chris Baréz-Brown is a modern-day prophet. He has a gift... An uncanny ability to inspire change agents in my organisation. Everything he touches turns to gold and shines ever so brightly. He is our Elvis. **KEITH WILMOT, The Coca-Cola Company**