

• MICRO •  
**PAUSE**

**ENERGY BOOSTING SESSIONS FOR  
MANAGERS AND TEAMS**



## Why Pause?

We all know life and business is busy, but since the COVID-19 outbreak working conditions have changed dramatically. Working remotely means people are at more risk of always being 'on', there are fewer boundaries between work and personal life, and natural punctuations no longer exist in the working day. Everyone is working hard, routines are different and for some the conditions are more stressful than ever.

Bloomberg recently reported that people who started working from home in March are working three hours more per day than before. For them to perform at their highest potential, they need downtime, with adequate space to breathe and reset. Space that allows them to adjust, improve and reboot their own operating system. Pause is that breath, the essential maintenance that prevents the system from crashing.

“Different and refreshingly new.

- Standard Chartered, Singapore”

## What are Micro Pauses?

Micro Pauses are short online retreats that support improved mental and physical wellbeing. In contrast to a deeper pause retreat that can transform an individual and install a brand new operating system, Micro Pauses work in real time to immediately address stress, burnout and anxiety.

Micro Pauses provide a moment to press pause in the endless demands of work. In addition to the sessions, Micro Pauses provide reflection tools and practices so that both the organisation and the individual can take mutual responsibility for wellbeing.

Micro Pause practices can be continually used in both professional and personal life, leaving people feeling better equipped to rebalance their inner world so that they can manage the increasing demands and challenges of the ever changing outer world.

## Micro Pause journeys include:

- Tools to help manage stress triggers before they build up
- Simple ways to slow down a busy mind and calm anxiety
- Strategies to come out of auto-pilot and re-prioritise
- Techniques to respond rather than react when the pressure is on
- Practices to enhance performance



## How Do Micro Pauses work?

Micro Pauses are delivered in the form of a guided retreat, leading individuals through the Pause Method. Micro Pauses focus on providing practical solutions to issues like anxiety, burnout and stress.

Everyone joining a Micro Pause is sent the Pause Method Scorecard at the start. This tool asks a set of questions that creates an individual Pause Score, and includes a personalised set of initial recommendations before the Micro Pause begins. This supports self-awareness so that everyone can focus on what they need the most.

## Learning in the Flow of Work

High impact learning is real time learning, where individuals can understand their behaviours, upgrade their skills and enhance their performance. Micro Pauses support people to embed changes in the flow of work, at the right time and pace for them and their development.

“The best part of our wellbeing programme  
– raw, authentic and insightful”

- Public Service Division, Singapore Government

## Here's what you get from a Micro Pause:

### Pause Method Scorecard

A short, personalised diagnostic to understand where you an individual is now, so they can take responsibility on where to focus.

### Real Time Learning

Regular Micro Pause sessions create a safe, connected learning experience, increasing self awareness that leads to behavioural change.

### Personal Learning in a Group Setting

Intentions are set at the start of the journey so each individual can create their own relevant focus for change.

### Thought Provoking Content

Insights and guided visualisations are delivered during live sessions, enhancing understanding and deepening self awareness.

### Pause Journals

Containing journal prompts, reflection questions, rituals and Pause practices, so learning is captured.



## Micro Pause Outlines

Guided retreats, delivered online to managers and their teams, Micro Pauses can be run for unlimited people across multiple time zones.

### Reset

*Increase your energy*

This Micro Pause gives leaders an energy boost when they need it most. Ideal for people who need to slow down and reboot, so that they have energy for everything.

### Balance

*Develop strong foundations*

This Micro Pause helps leaders create the foundations they need in work and life to feel balanced. Ideal for anyone who feels pulled in different directions and wants to create a calmer work and home life.

### Focus

*Create greater clarity*

This Micro Pause supports leaders to prioritise rather than procrastinate on what matters most. Ideal for leaders with a heavy workload who want to create clarity and consistently focus on their priorities.

“These sessions were an oasis for my thoughts and a temple for my body.”

- Total Media, UK

### Perform

*Develop real resilience*

This Micro Pause supports leaders to develop real resilience in their leadership. Ideal for high performers who believe they have more to offer and know that this is the time to step up.

### Shift

*Discover your path*

This Micro Pause takes leaders on a journey to discover deeper meaning and purpose. Ideal for high performers who want to contribute in a bigger way to their organisation and society.

### Elevate

*Enhance your creativity*

This Micro Pause opens up natural creativity within leaders, so they can innovate more freely. Ideal for high performers who want the courage to bring a crazy idea to life for the benefit of the business.

## Micro Pause Formats

Micro Pause are five-session guided retreats available in the following formats:

### Online

**Duration:** 5 x 60 minute sessions held weekly

**Location:** Live online + recording shared

**Capacity:** Unlimited

**Investment** £7,500 (exc VAT and Pause Journals)

### Live

**Duration:** 5 x 3-hour sessions held weekly

**Location:** Your workplace

**Capacity:** Unlimited

**Investment** £12,500 (exc VAT, Pause Journals & expenses)

## Micro Pause Method



“Practical and inspirational!”

- Graduate Admissions Council,  
Hong Kong

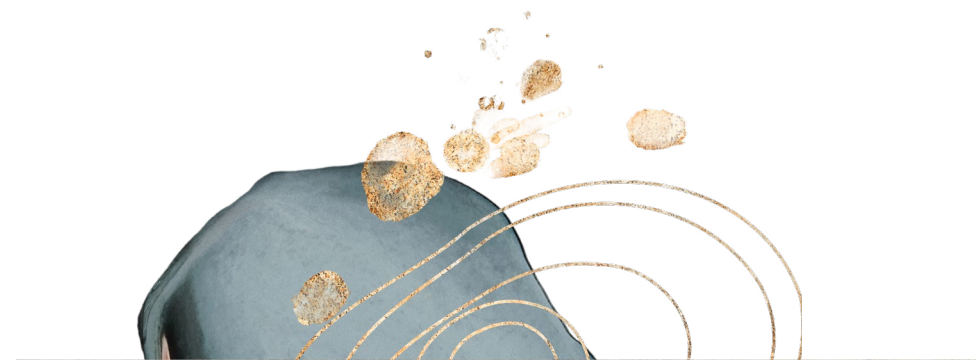
## About Pause Global

Pause is a global movement with a mission to inspire people and raise consciousness with the simple power of pausing. Offering bespoke retreats, content and coaching, Pause Global gives leaders, managers and organisations the one thing money can't buy and HR can't provide - time.

The Pause method is based on the best-selling book by Danielle North who has been coaching and running retreats worldwide since 2013. Danielle has inspired individuals to pause in the UK, Italy, Singapore, Bali and Australia, working with leaders from HSBC, Mars, BP and the United Nations.

The philosophy of the Pause is simple, if you're going to perform in a world that's speeding up, sometimes you need to slow down...

## Trusted Around The World By





**Contact Us**

**hello@pauseglobal.com**  
**www.pauseglobal.com**

Copyright Pause Global 2020