



# Balance in motion.

*Tailored experiences designed to create meaningful movement*

Thémis

# Our intentions

Because we do not know, we need to be in movement with **clarity** and wisdom.

We want to see a world of **possibility**.

We aim at keeping **balance in motion**, no matter the circumstances.

## We believe

- meaningful shifts begin with our power zone
- performance comes with lived experiences
- connection creates movement
- small movements can unlock lasting transformation

Every experience is designed with people, context and intention in mind.



# Different ways to begin

Start with a spark and explore what becomes possible.

Looking for...	Experience
inspiration, energy, fresh perspective, how to use the cards	Sparks
deeper experience and alignment	deep dive
Wider impact on the organisation	7-Steps Seminar Journey

 You are a coach and you are interested in the method for your clients? contact us!

These formats are not fixed programs.  
Can be integrated in events, leadership meetings, end of the day with your team they are starting points for experiences we can shape together.



# Sparks aspirational experiences

## ● People often leave with

- renewed energy
- pragmatic actions
- stronger connection
- momentum for change

## ● Ideal for

- kick-offs, leadership meetings
- transitions
- reconnecting teams
- navigating uncertainty

## ● Examples of themes

- energy and efficiency
- trust and the impact of love at work
- clarity and choice integrating AI
- unexpected possibility in uncertainty

Sometimes a spark is enough to begin a larger shift.



# Deep dive to unhook motion

## What these experiences support

- collective reflection
- alignment around challenges
- stronger cohesion

🌙 special Thémis for HR at the heart of balance in motion, AI & leadership

## Possible formats

- half-day, full day
- retreat-style experiences
- communities

## Approach

- themes chosen to empower your teams
- experiential
- comprehensive integration in a bigger picture supported by balance in motion method, cards, and Kyron (AI)

Designed to create space for meaningful exploration and transformation.



# 7 steps seminars journey

From inner balance to shared motion

Our shared future needs hearts that listen and hands that build.

step	intention	key outcome
1. Energize	balance power zone	optimize and protect our strength
2. Love	interconnect team	master the roots of human efficiency
3. Unhook	dare clarity and choice	navigate uncertainty with agency
4. Open	comfort in foggy room	grow opportunities
5. Unfold	reliable inner compass	transform insights in action
6. Shine	feel stronger together	collective empowerment
7. Heal	discern in confusion	elevated leadership presence

Each journey evolves with the people, context and desired impact.



## Balance in motion.



# 7 steps seminars sample experience

This short sequence activates how to maintain connections with people for optimal performance. Sometimes, life circumstances can take us far off this path.

## ● **Questions We Explore Together :**

Are we open to each other with curiosity?

- What blocks curiosity in certain environments?
- How much space exists for questions, experimentation and reflection?
- What stories or habits may limit new possibilities?

## ● **Outcome**

The group identifies its levers and defines how they can evolve to achieve greater cohesion and efficiency.



# Designed With You

## ● **Every experience can evolve around**

- your context
- your people
- your objectives
- your environment
- your desired level of depth

## ● **What can be adapted**

- duration
- location
- group size
- rhythm
- themes
- facilitation style

We co-create experiences that support meaningful movement in your context.



# Invitation to Connect

Every journey starts differently. We look forward to exploring with you.

Big gratitude,  
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