

Solutions in Organizational Well-Being, Leadership & Workplace Culture

A practical guide to building healthy, high-performing, and sustainable corporate ecosystems.

"Well-being and mental health are no longer passive perks—they are strategic pillars of business sustainability. Organizations that care for their people and their relational environment don't just retain top talent and reduce absenteeism costs; they build cultures built to thrive in the long run."

Diagnosis & Our Approach

Why Act Now?

Silent burnout, communication friction, and a disconnect from company culture carry hidden costs: high turnover, dropping productivity, and disengagement.

The Infinite Well-Being Triad

Our framework addresses the root causes of these challenges through three integrated dimensions:

1. Emotional & Mental Dimension: Fostering emotional intelligence, resilience, and self-regulation grounded in Positive Psychology and the PERMA Model.

2. Physical & Vitality Dimension: Managing individual and collective energy, preventing burnout, and promoting holistic health literacy.

3. Relational & Cultural Environment:

Optimizing communication processes, building psychological safety, and structuring workplace ecosystems (physical, digital, and relational).

Service Formats & Corporate Programs

We offer three flexible intervention levels tailored to your organization's maturity and needs:

1.

Practical Workshops & Keynotes (Short-Term)

- **Goal:** High-impact, immediate awareness sessions.
- **Core Topics:**
 1. Leadership from the Inside Out: Strength Mapping & Self-Regulation.
 2. Neuroscience of Productivity: Energy & Focus Management without Burnout.
 3. Communication & Psychological Safety in Teams.
- **Duration:** 60–90 min keynotes, half-day (4h), or full-day (8h) workshops.

Service Formats & Corporate Programs

2.

Immersive Medium-Term Programs (1 to 3 Months)

- **Goal:**

Behavioral change and the consolidation of healthy organizational habits.

- **What's Included:**

1. Initial assessment and team/leadership needs mapping.
2. A series of 4 to 6 spaced, hands-on workshops.
3. Practical toolkits, digital resources, and individual action plans.
4. Progress review meeting with HR / Leadership.

- **Duration:** 1 to 3 months (actual duration and schedule provided after initial diagnosis)

Formatos de Trabalho e Programas (B2B)

3.

Strategic Consulting & Systemic Diagnosis (3 to 6 Months)

- **Goal:** Culture redesign, relational climate improvement, and Employee Experience (EX) optimization.
- **What's Included:**
 1. Active listening, climate diagnostics, and psychosocial risk mapping.
 2. Workplace ecosystem and communication process consulting.
 3. Executive 1-on-1 coaching/mentorship for leadership teams.
 4. Final impact report with key performance indicators (KPIs) and a roadmap for continuity.
- **Duration:** 1 to 3 months (actual duration and schedule provided after initial diagnosis)

Implementation Methodology

(How We Work)

To ensure your investment delivers tangible results, we follow a clear 4-step framework:

[1. Diagnosis] —> [2. Design] —> [3. Execution] —>
[4. Impact Measurement]

- **Step 1** — Alignment & Diagnosis: Strategic meeting to map your team's core challenges, culture, and pain points.
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- **Step 2** — Tailored Design: Crafting the roadmap, selecting content, and defining success metrics (KPIs).
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- **Step 3** — Activation & Training: Delivery of interactive workshops, mentorship sessions, or direct interventions in the work environment.
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- **Step 4** — Consolidation & Impact: Handover of the closing report, well-being perception assessment, and strategic recommendations for sustained growth.

Investment Guide

(Baseline Pricing)

The figures below serve as baseline investment references and may be adjusted based on team size, customization level, and location.

Intervention Format	Scope / Deliverables	Investment (Starting at)
Keynote/ Talk	Awareness session (60 to 90 min) — Onsite or Virtual.	€ 650
Practical Workshop (Half-Day)	Immersive 4-hour training for up to 20 participants + workbooks.	€ 1.200
Leadership Program (1 Month)	VIA Character Strengths Mapping + 3 Group Coaching Sessions + Toolkits.	€ 2.500
Team Immersive Program (3 Months)	Initial assessment + 4 Workshops + Continuous Support + Impact Report.	€ 4.800
Full Organizational Consulting	Comprehensive 3 to 6-month culture, climate, and ecosystem transformation.	Custom Quote

Consultant Profile & Contact



Aline Brandão | Organizational Well-Being Strategist & Public Relations

With over a decade dedicated to studying human environments and health ecosystems, Aline bridges the gap between Behavioral Sciences and Human Resources Strategy. Specialized in Positive Psychology (VIA Institute / PERMA), Neuroscience, and Narrative Medicine, she empowers leaders and companies to build environments where people genuinely thrive.

Next Step: Schedule a Discovery Call

Prior to any formal proposal, we invite you to a 30-minute strategic discovery call (no obligation) to explore your organization's goals.

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📍 Service Area: Available for Onsite (Lisbon Region) & Global Virtual Delivery