LIGHT™ Foundations

Reset Your Team's Trust. Restore Clarity. Embed Behaviours That Stick.

For intact teams of 6–30 experiencing drift, friction, or stalled trust.

Teams don't collapse—they drift, one micro-moment at a time, until trust thins and clarity fades. LIGHT™ Foundations is the counter-design: five deliberate behavioural recalibrations over five weeks, engineered to reset the emotional climate through repeated micro-habits. Not events. Not fluff. Just behaviours that compound.

By week five, meetings run smoother, voices balance, and decisions are clearer—without extra decks or pep talks. Culture is accumulated. LIGHT™ Foundations rewires it so LIGHT™ can thrive.

Weekly Masteries
Week 1 — Anchor: Lower social threat to unlock honesty and creativity.
Week 2 — Attend: Focus attention where it matters to build a healthier hierarchy of ideas.
Week 3 — Momentum: Celebrate micro-wins to shift emotional tone and drive behaviour.
Week 4 — Halt: Pause spirals in the first 3 seconds before tension spreads.
Week 5 — Activate: Turn awareness into deliberate action—notice habitual responses under pressure and choose behaviours that strengthen trust, elevate team energy, and move the group forward.

This final micro-shift bridges Foundations to full LIGHT™, embedding practical habits that leaders and teams can rely on in high-stakes moments.

The LIGHT™ Foundations Engine — How It Works
High-Frequency Nudges: Reinforce micro-shifts in the moment.
Embedded Accountability: Internal champion ensures habits stick.
Real-Time Feedback: Track relational stability and make immediate adjustments.

Why LIGHT™ Foundations Works
Culture changes through repetition, not insight. Tiny, consistent behavioural shifts reshape team dynamics.

This is applied behavioural architecture, not "soft skills." LIGHT™ Foundations doesn't inspire teams—it recalibrates them. For leaders who believe culture is accumulated—and are ready to make it happen.

Programme Details
Duration: 5 weeks, 60–90 minutes per week
Format: Online or face-to-face sessions
Group size: 6–30 people per intact team
Investment: Contact for pricing

Next Step
Ready to recalibrate your team? Contact us to discuss LIGHT™ Foundations for your organisation.

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