

Help people think, communicate and make decisions more *clearly* under pressure.

People don't lose their knowledge under pressure.
They can lose access to it.

The same person can think, decide, communicate and collaborate very differently depending on their internal state.

Rare Human delivers experiential keynotes, workshops and ongoing programs that help people recognize stress earlier, regulate their state and regain access to clearer thinking, communication and decision-making. We teach practical, body-based skills people can use in real time, before tension, reactivity or exhaustion begins making decisions for them.

Every experience combines understanding with direct practice, so participants don't simply learn about state. They experience what changes when their state changes.

OUTCOMES

- 01 Clearer thinking under pressure
- 02 More deliberate decision-making
- 03 Greater awareness of early stress signals
- 04 Reduced facial and physical tension
- 05 Stronger presence and communication
- 06 More sustainable energy and attention

OUR SIGNATURE ENTRY POINT

The face is a dashboard of internal state.

Stress often becomes visible before we consciously name it: a clenched jaw, pressed lips, narrowed eyes, fixed forehead, shallow breathing or changes in posture. Rare Human teaches participants to use these signals as information.

From the face, the work expands into breath, touch, movement, posture, voice and sensory awareness.

The goal is not another routine people depend on. It is a transferable skill:

NOTICE → TRANSLATE → RESPOND

WAYS TO WORK WITH RARE HUMAN

Keynote + Practice

45-75 MIN

A compelling introduction to applied body intelligence with guided practices participants can use immediately.

Interactive Workshop

90 MIN - HALF DAY

A deeper experiential session combining education, guided practice, reflection and participant interaction.

Ongoing Programs

3, 6 OR 12 MONTHS

Recurring sessions that integrate regulation, tension release and body awareness into the working week. May include a kickoff workshop, weekly live resets, deeper learning sessions, digital practices and participant feedback.

Custom Experiences

SCOPED TO YOUR BRIEF

Designed for leadership teams, company-wide wellbeing initiatives, executive retreats, conferences, Women's ERGs and high-pressure teams.

Bring Rare Human into
your organization.

Tell us about your people, environment and objective. We'll recommend the format that best fits your organization.

EMAIL b2b@rare-human.com

PHONE +1 (646) 438-43-78

WEB rare-human.com

