

BUILDING RESILIENT PEOPLE

EMOTIVEWORK
START WITHIN



emotivework.com



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More resilient people, more resilient businesses

One of the biggest issues we face in the world today is people's ability to handle the ever evolving challenges of their internal and external worlds. We have become overwhelmed with competing needs for our attention and time, coupled with the fast pace of world wide advancements.

We are oversubscribed, overstimulated and under connected more than ever. And this doesn't just play out in life, it finds its way into our business, too. Through my experience of building business cultures around the globe, with brands like Virgin Group, I have seen first hand the impact this has on team effectiveness and business productivity.

Why? Because business is personal and a connection with self matters in order to connect with those around you.

The current state: a disengaged, disconnected and poor performing people and businesses.

Combining my years of experience in leadership, culture, volunteering and working in global businesses across the UK,

Middle East, Africa, South East Asia, USA and Australia, I've learned that resilience is the key to success, both personally and professionally. Through Emotive Work, we start within, and focus on creating more resilient individuals, leaders, and teams, which results in **better business outcomes**.

Through our sessions, my focus is to connect you with your greatest anchor for resilience - yourself. We work on your internal relationship, in order for your external relationships to flourish, and we discover new tools and techniques to build your most resilient self.

I also work with teams to undergo the same process collectively, creating environments where all members can thrive.

The result?

Greater clarity, intention and authenticity in yourself and in your business.



Luke Evans

Founder of Emotive Work

FOR INDIVIDUALS



Helping individuals build resilience and deepen connections by developing tools and internal resources to navigate change and challenges with confidence.

Your Challenges

- I feel disengaged and lacking motivation
- Everything feels hard and pointless
- I want a promotion / career change
- I have no idea where my life is going
- I have a difficult team/member/boss and not sure how to deal with them
- I'm angry at my work/life and need help
- I have no passions or purpose
- I am having problems in my relationship
- I feel overwhelmed/burnt-out
- There has to be more to life than this
- I feel like I'm meant to be doing more

Our Support & Services

Emotive Work Sessions

Available in-person or online

- Optional Self Assessment available using the EW's 5 Pillars of Self
- 1-2-1 sessions designed to support individuals with their resilience and relationship needs in personal and professional life
- Sessions based on work required:
1, 3 or 5 session packages can be booked

The Emotive Work Approach

The topics and types of coaching we can cover include:

- Personal Development
- Resilience Skills building
- Relationship Skills building
- Developing Emotional fitness

How does it work?

We engage in 1-2-1 coaching to address your challenges and build your capacity using practical tools and techniques. While my approach is grounded in lived experience, I also incorporate science-backed methods for everyday application.

OUTCOMES

Greater Resilience

Stress Management and Well-being

70% **Less likely to experience depression and anxiety**
*American Psychological Association

43% **Higher job satisfaction**
*Journal of Occupational Health Psychology

Adaptability and Productivity

30% **More productive**
*Journal of Applied Psychology

40% **Less likely to take sick leave**
*University of Melbourne

Greater Connection

Connection with Self

25% **Improvement in well-being**
*Journal of Personality and Social Psychology

40% **Greater resilience**
*Psychological Science

Connection with Others

50% **Less stress and lower depression rates**
*American Psychological Association

35% **Increase in personal growth and self-esteem**
*Journal of Social and Personal Relationships



The Emotive Work Difference

Resilience Building Focus

We specialise in helping individuals and businesses build resilience, empowering them to navigate challenges and thrive in a rapidly changing world.

Tailored Support

We meet people where they are, offering support ranging from one-on-one sessions to group work, ensuring personalised and relevant solutions.



Practical Tools and Techniques

We equip people with practical tools and techniques for personal and work situations to enhance emotional resilience and improve connections, driving better business outcomes.

Pre-Diagnosis Assessments

We provide pre-diagnosis assessments to help individuals and organisations understand their challenges and how we can support their journey to resilience.

Comprehensive Services

We provide coaching, leadership development, and facilitation, all aimed at strengthening personal and organisational resilience and driving growth.

Integration of Strategy and Wellbeing

We focus on the intersection between business strategy and emotional wellbeing, aligning organisational goals with personal growth, resilience, and fulfillment.



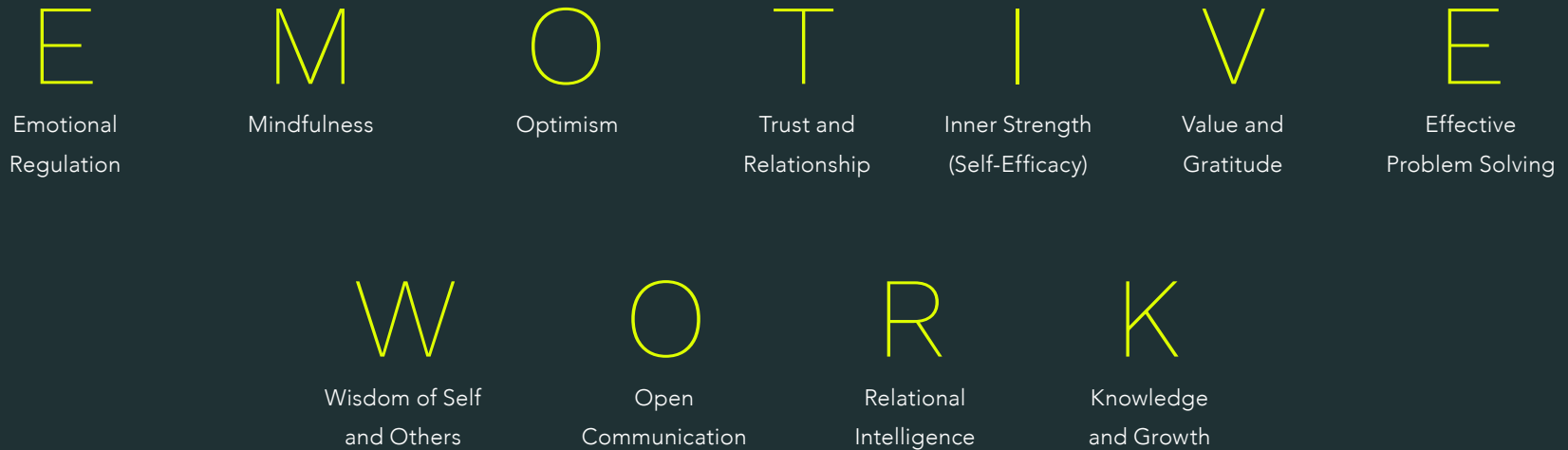
Real-World Approach

Our methods are grounded in the practicality of a lived experience model, offering actionable strategies and tools that can be applied in everyday situations.

Human-Centric in a Tech-Driven World

We are dedicated to harnessing the human aspect of business, emphasising emotional intelligence and interpersonal skills in an increasingly technology-driven environment.

All of our work is underpinned by our **EMOTIVE** and **WORK** framework; focused on 7 steps to building resilient people and businesses, and 4 steps to building a greater connection with self and others. We believe that to do this work, you need to focus on the **EMOTIVE WORK** required.



Focused Problem Solving

1 Session

FROM
\$130_{AUD}

- ✔ **Perfect for:**
Those who need help with a specific problem or issue in their world.
- ✔ **What to expect:**
Immediate, focused support to effectively address a specific challenge.
- ✔ **Outcome:**
Gain clarity and receive actionable steps to effectively address a pressing matter.

Deeper Self-Exploration

3 Pack Session

FROM
\$360_{AUD}

- ✔ **Ideal for:**
Those who want to settle in and do some deeper work for themselves.
- ✔ **What to expect:**
Explore beyond the surface and engage in meaningful self-reflection.
- ✔ **Outcome:**
Uncover underlying patterns and develop strategies for lasting change.

Popular

Comprehensive Transformation

5 Pack Session

FROM
\$599_{AUD}

- ✔ **Perfect for:**
Those who want to dive in deeply or undertake a one-to-one program focusing on specific areas.
- ✔ **What to expect:**
A comprehensive journey of self-discovery and transformation.
- ✔ **Outcome:**
Create lasting impact through profound changes and focused personal growth.

Looking for a more tailored approach?

We've got you covered.

Feel free to reach out and discuss your needs with the team. Once we have identified your challenge, we'll work together to create a customised package tailored to the needs of you and your business.



My purpose is to help people
find meaning through service.

About Luke

It's easy to feel lost, overwhelmed, and disconnected while navigating life's challenges. I've been there myself many times. What I've learned is that the best path forward often involves seeking guidance and developing your own solutions by building a resilient mindset.

To live a fulfilling life, you need to grow by increasing self-awareness, discovering your strengths, finding your tools, and applying them through experience.

That's where I come in. I offer a 'lived experience model' that asks the right questions, challenges existing beliefs, and helps you find opportunities to overcome obstacles.

No one has all the answers, but a great coach builds trust, listens deeply to both what is said and what isn't, and guides you through challenges using shared experiences and consultation. My approach is rooted in real-world experience and a genuine desire to help you connect within.

My Lived Experience

- 13+ years in leadership positions in multinational companies and running small businesses, managing teams of up to 60 people
- 7+ years helping individuals and businesses find their purpose and create purpose-driven brands globally
- Founder / Co-Founder of three business consultancies:

Blonde and Bear

Find your purpose, create your business

Emjoy

Redefining culture with joy

Emotive Work

Building intentional cultures for all

- Podcast Host of "Itch," "Brave Always," & "The C Word"
- Author of "Itch - 30 Lessons in 30 Years"
- Volunteer Experience across Australia, Nepal, and South Africa
- Human Synergetics 'LSI' Accredited Practitioner
- Certified Emjoy 'Brave Leader' Coach
- NLP and Life Coaching Accredited

What I Bring to the Table

- Logic & Pragmatism
- Optimism & Empathy
- International Business Knowledge & Experience

What You'll Gain

- Actionable strategies to implement change now
- Tools for self-reflection and inquiry
- A sense of accountability to drive change
- Hope and opportunity



Next steps

1 Connect with Luke via phone or email

2 or book in your 15 minute strategy session to work through what options are best for you

[Book a Session](#)

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