

DECODE TO RECODE FOR TEAMS

Nobody shares. Nobody is sold to. Nobody is named.

A film-led mental fitness session your people remember, with a 1-page before and after report for your board.

WHAT IS IN IT

1 SESSION

What your people get

- 01 **The 15-minute film cut.** Beyond The Pill, on screen.
- 02 **Jonathan's story, told live.** The story behind the film.
- 03 **Live practice with the SOS Toolkit and the 3 Cs.**
- 04 **A 4-basics audit they keep.** Food, Mood, Move, Sleep.
- 05 **A 30-day plan they write.** In their own words.
- 06 **The full film.** All 52 minutes, to watch again at home.
- 07 **A take-home kit.** For every attendee.

What you get

- 01 **8 anonymous questions before, and the same 8 plus 1 at day 30.** The extra asks only whether the plan was run. Jonathan sees totals, never names.
- 02 **A 1-page report and a 30-minute debrief at day 35.** Before and after totals, with the denominators and the limits.
- 03 **4 optional follow-up sessions.** 1 basic each, 60 minutes. Offered only after the report.

3 FORMATS

SAME 5 STEPS: SCREEN, STORY, PRACTISE, AUDIT, PLAN

01 · VIRTUAL

Live on Zoom or Teams.

60 TO 90 MINUTES
UP TO 120 PEOPLE

02 · IN PERSON

Film, keynote and workshop.

2 HOURS
UP TO 30 PEOPLE, WITH JONATHAN'S
KEYNOTE

03 · EXECUTIVE OFFSITE

Inside your leadership offsite.

2 HOURS
A TAKE-HOME KIT FOR EVERY
ATTENDEE

THE RULES OF THE ROOM

EVERY SESSION, EVERY FORMAT

RULE 01

Nobody says anything personal out loud.

Nobody is asked to share. What people write stays with them.

RULE 02

Nothing is sold from the front.

No pitch and no sign-up sheet.
Follow-up sessions are discussed with you, after the report.

RULE 03

No individual data goes to anyone.

Including you. The report shows totals only.

WHO RUNS IT



Jonathan Ramalho

Director of Beyond The Pill: The Path to Longevity.

15 years of campaigns for NGOs, CBS News, The Economist and Reuters.

More than 100 interviews for the film.

Trained as a psychosynthesis leadership coach.

Not a doctor, a therapist or a dietitian.

BOOKING

LEAD TIME **6 weeks**

PRICE **Price on your discovery call**

NEXT STEP

Book a discovery call at
decode-to-recode.netlify.app/workshops

The workshop is education. It does not diagnose or treat anything, and it does not promise any health, absence or performance outcome. A support card with your EAP number sits on every seat. The session does not replace professional support.