

The Capacity Method™ Workshop

REGULATION AS A PERFORMANCE CAPABILITY
A 90-MINUTE WORKSHOP FOR TEAMS OPERATING UNDER SUSTAINED DEMAND

The Problem You're Probably Seeing

Most organizations don't have a burnout problem.

They have a **capacity problem**.

After high demand — deadlines, conflict, change, layoffs, performance reviews — teams are expected to immediately perform again **without recovery built into the system**.

What follows isn't collapse.

It's quieter — and more dangerous:

- silence in meetings
- disengagement disguised as professionalism
- emotional reactivity labeled as “personality”
- declining decision quality and execution

This is not a motivation issue.

It's a **capacity leak**.

The Capacity Method™

The Capacity Method™ is a **90-minute, science-backed workshop** that teaches teams how to **recover after demand so performance doesn't quietly break down**.

This is not a wellness session.

It is a **practical performance intervention** designed for real work environments.

What Participants Learn

In 90 minutes, teams learn how to:

- understand why capacity collapses under pressure
- recognize invisible stress accumulation before it shows up as disengagement
- regulate **before, during, and after demand** (meetings, deadlines, conflict)
- integrate recovery into existing workflows without adding time or tools

The method is simple, repeatable, and immediately usable.

What Changes After The Workshop

Teams don't just “feel better.”

They:

- notice capacity limits earlier
- recover faster after high-stress moments
- interrupt stress spirals before performance degrades
- stop confusing shutdown with professionalism
- sustain effectiveness across repeated demands

The shift is operational — not emotional.

Who This Workshop Is For

Designed for:

- HR, People, and L&D leaders
- Tech and high-demand organizations
- Teams under constant deadlines, change, or complexity

Especially valuable if you're seeing:

- burnout without visible breakdown
- psychological safety initiatives that aren't sticking
- leaders struggling to hold capacity under pressure

What This Is Not

- Not mindfulness
- Not therapy
- Not emotional processing
- Not a "wellness" session

No meditation. No vulnerability circles. No extra programs.

This is a **performance capability**.

Interested in bringing this workshop to your organization?

*Request workshop details or availability
+1(619)356-1228*

Format & Delivery

- **Length:** 90 minutes
- **Delivery:** Virtual or in-person
- **Audience:** Teams, leaders, or cross-functional groups
- **Customization:** Light contextual tailoring only

Optional add-ons:

- leadership-specific sessions
- diagnostic assessments
- integration support

Why This Matters Now

Work isn't slowing down.

Capacity is being quietly consumed.

When recovery isn't structured, performance doesn't fail loudly — it erodes.

The Capacity Method™ gives teams a way to intervene early, recover intelligently, and keep performing without burning out.



Yana Gifford