

Workshops & Facilitation

Half-day to 3-day experiential programmes for leaders and teams

EQ · Leadership · Change · Communication · LEGO Serious Play



Most workshops give leaders concepts. These workshops help leaders confront the real behaviours, conversations, and decisions shaping performance today. Every programme is designed around the organisation's actual challenge, not a catalogue topic.

Leading self under pressure

- Emotional intelligence, self-awareness, and resilience.
- BANI Leadership: Bendable, Attuned, Nimble, Insightful.
- Decision-making under uncertainty and managing reactions under pressure.

Leading people through friction

- Communication, feedback, and conflict resolution.
- Psychological safety, trust, and stakeholder alignment.
- The difficult conversations teams need leaders to hold.

Leading change and execution

- Change management with Prosci ADKAR.
- High-performance teams, customer experience, and LEGO Serious Play.
- Practical tools that move leaders from intention to action.

What makes the experience different

Sandra brings 15 years of operational leadership in the GCC before founding Tandem Runner — accountable for people, standards, clients, and results. The room is designed to be safe enough for honesty and challenging enough for movement.

Participants leave with practical tools, shared language, and personal action commitments they can apply immediately.

Book a leadership conversation to clarify what your team needs to shift.

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ICF PCC · Six Seconds SEI Assessor · Prosci ADKAR Practitioner · LEGO Serious Play Facilitator · ISTD · 10,000+ participants trained · English, Arabic, French

Go inward. Lead outward.