

**HUMANS
AT PACE**

Leading Teams in the Age of AI

A HALF-DAY LEADERSHIP WORKSHOP

Equip your leaders to reduce overload,
prevent burnout and sustain performance as
the pace of work accelerates.



WHY NOW

AI is accelerating work and your people are absorbing the impact

Artificial intelligence is reshaping roles, raising expectations and compressing the time leaders have to think, decide and act. The tools move fast — but the humans using them still have finite attention, energy and resilience.

Left unmanaged, that gap shows up as cognitive overload, decision fatigue and burnout: slower judgement, disengaged teams and leaders running on empty. The organisations that thrive will be those that help people perform sustainably, not just faster.

The question isn't whether your people can work faster — it's whether they can **keep performing well** while they do.

“ AI is likely to be the best or worst thing that can happen to humanity.

STEPHEN HAWKING



THE WORKSHOP

A practical, HUMAN response to accelerated change

‘Leading Teams in the Age of AI’ is a focused, interactive session that explores the human impact of AI-enabled work and gives leaders tangible strategies to lead themselves and their teams through it.

OUR PURPOSE

To equip leaders with the awareness, language and practical tools to reduce overload, protect wellbeing and sustain high performance — so their teams can move at pace without breaking.

Designed for

Senior leaders & executives
Team and people managers
HR & learning professionals
Organisations facing rapid change & growth

Why it matters

Protects performance

Leaders spot and ease overload before it costs output.

Reduces burnout risk

Healthier energy and recovery habits across the team.

Builds resilience

Clarity and focus that hold up through constant change.

Practical, not theoretical

Tools that apply on Monday morning.

½ Day DURATION	In-person or virtual DELIVERY	Up to 12 PARTICIPANTS	Interactive REFLECT & APPLY
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THE PROGRAMME

Six themes that shape sustainable HUMAN performance

The session moves from understanding the shift, to managing its HUMAN impact, to leaving with habits that last.

01

The HUMAN Impact of AI on Work

Understanding the new reality of work as AI and automation reshape roles, accelerate workflows, and raise expectations. Explore how productivity gains can create unintended pressures and the growing gap between the pace of technological change and human adaptation.

02

Combatting HUMAN Cognitive Overload & Decision Fatigue

Explore how increasing volumes of information and faster work cycles can erode judgement, decision quality, and performance. Understand the impact of stress on cognitive function and learn practical ways to maintain clarity, focus, and effective decision-making under pressure.

03

The Psychology of HUMAN Performance

The HUMAN system is under pressure. Using our TEAM model, we'll explore the relationship between thoughts, emotions and behaviours and how they drive or undermine performance under sustained pressure — and what enables people to remain resilient, focused and effective.

04

Leading HUMANS Through Complexity & Change

Practical ways to give teams clarity, focus and direction in complex, fast changing environments. Explore how to help people navigate uncertainty, maintain momentum, and stay effective when conditions are constantly shifting.

05

Managing HUMAN Energy for Sustainable Performance

How to manage attention, workload and recovery so performance lasts without burnout — for both leaders and their teams.

06

Applying the HUMANS Framework

A practical framework that uses organisational insights and motivations to form simple habits, routines and team rituals that embed sustainable high-performance for good, without sacrificing wellbeing.

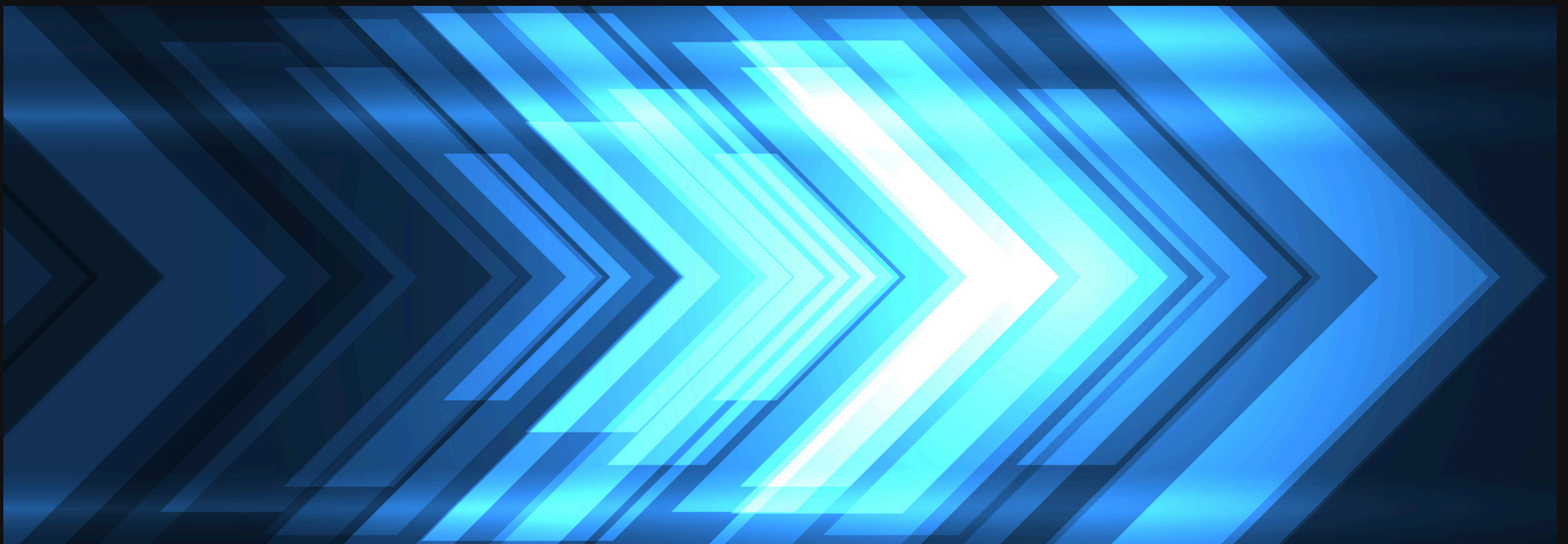
THE BENEFIT

What your leaders will take away

Tangible, lasting outcomes — for the individual, the team and the wider organisation.

FOR THE LEADER	FOR THE TEAM	FOR THE ORGANISATION
Understand the human impact of AI & accelerated work Spot overload, decision fatigue & burnout early Manage their own energy, attention & recovery	Greater clarity, focus & resilience under pressure Confidence to lead through complexity & change Healthier ways of working at pace	Performance that is sustained, not just faster Lower burnout risk & stronger engagement A shared framework that outlasts the session

Move at pace — without burning out the people who get you there.



WORKSHOP DETAILS & PRICING

What's included, and what it costs

FORMAT	Interactive Half-Day Workshop
DELIVERY	Face-to-Face or Virtual
DURATION	Approximately 3.5 – 4 Hours
METHODOLOGY	The workshop is highly interactive and encourages participants to reflect on their own experiences, explore current challenges and develop practical actions that can be applied immediately. The session incorporates the latest thinking and research.

FACE-TO-FACE INVESTMENT

£1,800

For a maximum of 12 participants

VIRTUAL INVESTMENT

£800

For a maximum of 12 participants

MEET THE TEAM



Bradley Honnor MANAGING DIRECTOR

Bradley has extensive experience leading business strategy, driving cultural change and supporting sustainable organisational growth

[READ FULL BIO →](#)

MATCHFIT'S EXECUTIVE FACILITATORS & COACHES

Experts in leadership, psychology, coaching and organisational transformation.



Emily Courtney OPERATIONS DIRECTOR

Emily is an experienced CIPD qualified HR specialist delivering people focused solutions across complex global business environments

[READ FULL BIO →](#)

[FIND OUT MORE →](#)

PROVEN IMPACT



I am more aware of how I show up in leadership moments and the influence that has on confidence, engagement and accountability within the wider team. My ability to support the team in our rapidly changing business has been enhanced significantly. A big thanks to MatchFit and their very skilled facilitators.

Sally Gibson

Managing Director, Dawleys

**Bring 'Leading in the Age of AI'
to your leaders**

SPEAK TO THE TEAM

Zach@matchfitclimb.com

REQUEST THE FULL AGENDA

Delivered by MatchFit®

MatchFit helps organisations achieve sustainable high performance by combining leadership development, performance psychology and organisational effectiveness.

Our approach is tailored to your context, sector and people. We focus on helping leaders understand not only how work is changing, but how people are responding to that change.

Because the future of performance will not be determined solely by technology.

TRUSTED BY LEADERS ACROSS THE PUBLIC & PRIVATE SECTOR



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Julius Bär

