



Adaptive Sensemaking: A Practical Skill for Leading Through Change

60-Minute Workshop | \$25/pp

Workshop Description

Most teams are navigating a new normal where change is constant, priorities shift quickly, and everyone is doing their best to keep things moving. In this environment, even strong teams can experience moments where attention gets divided, messages get crossed, or priorities feel unclear. Adaptive Sensemaking gives teams a quick, shared way to get on the same page, especially when things are moving fast. With just a few minutes of alignment, teams can reset, clarify what matters most, and make thoughtful choices together instead of reacting from urgency or assumption.

This virtual Zoom workshop helps teams pause collectively, interpret what's happening with clarity, and move forward with more focus, steadiness, and connection.

Workshop Highlights

This session helps teams:

- Build a common language for navigating uncertainty
- Understand how stress affects each individual on the team and the team system
- Reduce reactive communication patterns
- Support one another through high-pressure moments
- Maintain psychological safety during frequent and high transitions

In this 60-minute experience, teams will:

1. Recognize why adaptive sensemaking matters for team health and performance
2. Explore team-level stress patterns and triggers
3. Learn about and apply the P.A.C.E. framework
4. Work through a real-world team scenario using the P.A.C.E. framework
5. Identify ways to use the framework in real time on the job, individually or as a team

This session gives teams a grounded, practical way to navigate ongoing change in action together, with less friction and more unity. To schedule, email me: andrea@performore.biz with Subject: Adaptive Sensemaking Workshop