



THE HUMAN H-EDGE

Executive Overview

In high-pressure and highly regulated environments, sustained performance depends on more than technical skill or experience. Leaders operate under constant cognitive load, rapid decision-making demands, and increasing scrutiny — often without systems designed to protect human capacity.

The Human H-Edge™ focuses on the human factors that protect performance under sustained pressure. It strengthens resilience at the point where performance, risk, and leadership meet, enabling leaders and teams to perform effectively without compromising health, judgement, or long-term sustainability. This is not a wellbeing initiative.

It is a performance-protective, evidence-based intervention.

THE HUMAN H-EDGE LEADERSHIP RESILIENCE PROGRAMME

CO-LED BY DR SHARON PICKERING × KAI-NNEKA TOWNSEND

Call us

+44788-3855-728

More info

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WHAT THE PROGRAMME DELIVERS

What Leaders Gain

- Greater clarity and focus under pressure
- Early insight into strain before performance drops
- Practical strategies to sustain energy and decision quality
- A shared language for resilience and leadership
- Tools usable immediately – individually and with teams

PROGRAMME OPTIONS

Half-Day Leadership Insight Workshop

- Focused, insight-led session
- Resilience assessment for all participants
- Individual confidential reports
- Anonymised team resilience insights
- Practical takeaway tool

Full-Day Leadership Workshop

- Full-day immersive workshop
- Deeper application and integration
- Live use of anonymised team resilience data
- Leadership tools for sustained performance

Leadership Resilience Programme Pathway (Recommended)

- Full-day workshop
- Four 90-minute virtual follow-on sessions
- Ongoing insight and reinforcement
- Embedding resilience into leadership practice

Included Across All Options:

- Two **senior resilience and human performance specialists**
- Academically researched resilience assessment
- Individual reports plus anonymised team-level data
- Takeaway tool for individual and team use

WHY WORK WITH US

We bring a rare combination of deep human factors expertise and applied leadership resilience, shaped by decades of work in high-pressure, high-stakes environments. Our approach is grounded in evidence, informed by real-world complexity, and designed to strengthen performance without compromising human health.



Dr. Sharon Pickering

Dr Sharon Pickering is a Human Factors and behavioural science thought leader focused on preventing harm to humans, optimising performance, and promoting psychological safety.

With extensive experience from NASA, aviation, the military, and healthcare, she embeds human elements, ethical standards, and human-centred frameworks in high-stakes environments to protect human wellbeing.



Kai-Nneka Townsend

Kai-Nneka Townsend is a leadership resilience specialist who works with senior leaders in high-pressure and highly regulated industries to sustain performance without burnout.

Using assessment-led, culture-aware approaches, Kai-Nneka helps leaders recognise early signs of strain, make better decisions under sustained demand, and build ways of working that protect both performance and wellbeing. She is an accredited Executive Coach and certified DiSC Practitioner.

Trusted by Leaders Across Sectors





THE HUMAN H-EDGE
LEADERSHIP RESILIENCE PROGRAMME

THE HUMAN EDGE



PROGRAMME DELIVERY

DELIVERED ON-SITE, OFF-SITE, OR VIRTUALLY. PROGRAMMES ARE TAILORED TO ORGANISATIONAL CONTEXT AND LEADERSHIP PRIORITIES.

WORKSHOPS ARE DESIGNED FOR UP TO 20 PARTICIPANTS. FOR LARGER GROUPS OR BESPOKE RESILIENCE PROGRAMMES, PLEASE CONTACT US AT: [SHARON@SPHUMANELEMENTS.COM](mailto:sharon@sphumanelements.com)

DESIGNED FOR LEADERS IN HIGH-PRESSURE, REGULATED ENVIRONMENTS.

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