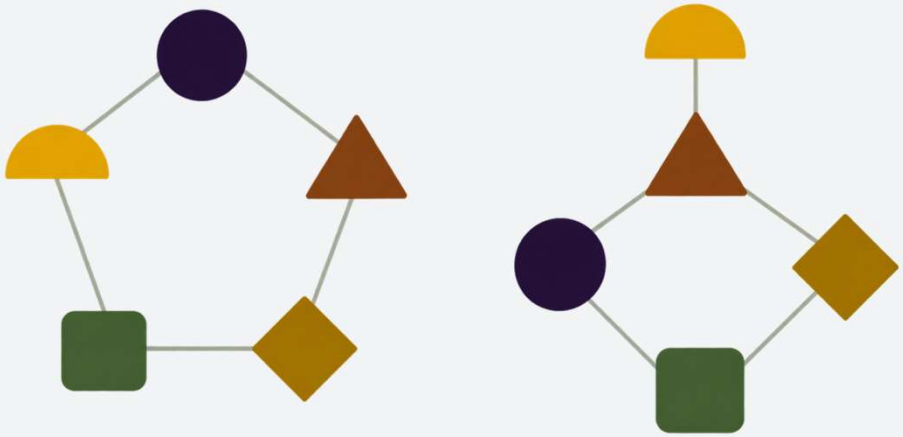
Group Mechanics

Training and workshops for teams

Turning differences into a collaborative advantage.



www.humandesignlegacy.com

Group Mechanics
Human Design

Differences that make the team

Many difficulties in teams do not come from a lack of competence, but from natural differences between profiles.

Human Design combines ancient wisdom and modern science to turn them into an advantage.

Communication

Understanding how each person decides, works and interacts.

Productivity

Aligning each person with their natural movement and talents.

Well-being

More authenticity and less burnout, for the individual and the group.

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What the team takes away

Energy types

Generators, Manifestors, Projectors and Reflectors — and what each contributes to the whole.

Tailored strategies

More effective ways of interacting and making decisions for each profile.

Less conflict

Reducing conflict and frustration through a deeper understanding of differences.

Emotions and vitality

Practical approaches to dealing with emotions, anxiety, vitality, stress and more.

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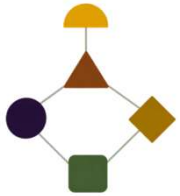
Two tailored paths

Workshop

Online or in person · half day or full day

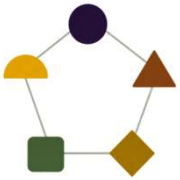


For those who want to discover or deepen their Human Design, in an interactive way.

- Introduction to Human Design
- Bodygraph explained
- Types and strategies
- Natural talents
- Potential constraints
- Inner decision-making Authorities

Training

4-phase programme · in person and online



For teams that want in-depth support, from the group to each individual.

- Team Foundation Workshop · 3h, in person
- 2 individual sessions · 2.5h per person, online
- Team Leader Session · 2h, online
- Group wrap-up session · 2h, online

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4-phase training

1 Team Foundation Workshop

3h · In person

Date to be agreed

2 2 individual sessions

2.5h per person · Online

Date to be agreed

3 Team Leader Session

2h · Online

Date to be agreed

4 Group wrap-up session

2h · Online

Date to be agreed

Includes Bodygraphs for the group sessions · Presentation materials · Individual recordings · Tailored guide for each profile

Group Mechanics
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Your facilitator



Filipe Latourrette

Human Design analyst and trainer since 2019

I grew up in my grandparents' village café, surrounded by people and freedom.

Twenty years of handball, Engineering (FEUP) and a career in sales until I found Human Design, in 2016.

Since then I have dedicated myself to studying and sharing this tool, through consultations, workshops, training and group dynamics.

Certified by the International Human Design School and holding a CCP (Certificate of Pedagogical Competence): the training can be included in professional development plans.

"The journey Filipe proposed took us from the individual to the group in a way that was natural, empathetic and also stimulating!"

Pedro Baracho · Aloé Movement Studio

Investment: on request

Each training and each workshop is tailor-made to the team's size and the organisation's goals.

- No prior knowledge of Human Design required
- Small or large teams, from any sector
- Confidentiality and respect for everyone’s privacy

Free introductory session · no commitment

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