

Group Mechanics

Training Program



What is it?

This training program was created for teams that wish to improve communication, enhance productivity, and nurture well-being — both individually and collectively — through Human Design.

Human Design offers a logical and differentiated description of each person's unique energetic configuration.


It brings together ancient wisdom and modern science, allowing teams to understand, in a practical and accessible way, different working styles, decision-making processes, and interaction dynamics within the team.

By recognizing the importance of differentiation, each person can align with their natural movement and talents. Beyond fostering greater authenticity and personal fulfillment, this understanding significantly expands the team's productive potential.



Training Goals

The program invites the team to recognize and integrate:

- The different energetic types present (Generators, Manifestors, Projectors, and Reflectors) and how each contributes to the whole
 - The most effective interaction and decision-making strategies for each profile
 - Ways to reduce conflict and frustration through a deeper understanding of differences
 - Practical approaches to dealing with emotions, anxiety, vitality, stress, among others
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Program Phases



Filipe Latourrette

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

From an early age, I developed a natural curiosity about the dynamics of life and the stories around me.

For 20 years, I practiced handball and graduated in Engineering (FEUP).

I worked in the corporate world, always connected to the commercial area, until in 2016 I discovered Human Design.

I became an analyst and facilitator in 2019, and since then I have dedicated myself exclusively to studying and sharing this transformative tool — through consultations, workshops, training programs, and group dynamics.



Upon request

Includes:

Bodygraphs to be used in group sessions

Presented documentation

Individual session recordings

A differentiated guide for each profile





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Human Design



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