Move With Intention® for Organizations

Founder led neurotraining workshops, retreats, and partnerships for teams

WHAT TEAMS NEED

Help your team carry pressure differently.

Overload, short tempers, avoided conversations, and people who can't switch off shape how a whole team decides, communicates, and recovers. Most teams don't need another presentation. They need focused time to slow down, connect honestly, and practice new ways of responding.

We start from your team's needs, not from a venue or an itinerary. Every session is interactive: people move, talk, reflect, and practice, then leave with tools they can use the same week.

THE METHOD

Three kinds of fitness, practiced together.

Mental Fitness™: quiet mental overload, sharpen focus, and think clearly when pressure rises.

Emotional Fitness™: name what you feel, listen well, and handle tension without it becoming personal.

Physical Fitness®: guided movement, breath, and body awareness to manage energy and recover.

Intentional leadership: leaders work through real situations from their own team.

We draw on ideas from neuroscience and human behavior, applied through practice. This is training for performance and wellbeing, not therapy or clinical treatment.

FORMATS

From a few focused hours to a retreat abroad.

Workshop of a few hours. One focused theme, such as pressure, focus, or communication.

Half day workshop. A deeper block of movement, conversation, and practice.

Full day experience. From reset and connection to clear, shared commitments.

Domestic and international retreats. Several days in the United States or abroad, including experiences in Spain, Panama, and Italy.

Keynote or conference session. An interactive talk for a large room.

Community partnership. Ongoing community access for employees, clients, or teams.

HOW IT WORKS

1. Share the context. Group size, timing, goals, and what your team is working through.

2. Design the experience. We recommend a format and build a tailored plan.

3. Experience it together. Your team participates in person and leaves with practical tools.

Travel, location, and delivery are confirmed during your inquiry.

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Photo Provided. Susquehanna County Independent, September 15, 2026.

IN THE NEWS

Mental and emotional fitness training at Elk Lake School District

Susquehanna County Independent, September 15, 2026.

The Susquehanna County Independent covered a Move With Intention mental and emotional fitness training for faculty and staff of Elk Lake School District.

Photo caption: “Faculty and staff of Elk Lake School District following a recent Move With Intention mental and emotional fitness training.” Photo Provided.

PARTNERSHIPS

Our partnership with financial firm Joy World Wealth Partners brings retreat opportunities to its employees and clients, including a weekend retreat we created together.

WHO WE DESIGN FOR

Built for people who perform under pressure.

- Schools and educators
- Finance and banking teams
- Insurance teams
- Real estate professionals
- Architecture and design firms
- Beauty and wellness businesses
- Athletes and high performance teams
- Business owners and CEOs
- Corporate directors and leadership teams

These describe the groups our programs are designed to serve. Listing a sector is not an endorsement by any organization in it.

YOUR FACILITATORS

Move With Intention® is led by its founders, Lacey Cook and Iván Quintero. Lacey brings human connection, listening, experiential facilitation, and movement. Iván brings strategy, systems, structure, and execution.

NEXT STEP

Tell us about your group and what your team needs next. Email **hello@wearemovewithintention.com** or use the request form at **wearemovewithintention.com/for-organizations**.