

The science behind how professionals think, decide and perform

Organizations invest heavily in developing leadership, strategic thinking, communication and decision-making capabilities.

Yet all of them depend on something more fundamental: our ability to sustain energy, attention, mental clarity and adaptability under pressure.

SALUZ Institute's Human Performance Labs bring the science of human performance into Executive Education, translating it into practical decisions and tools professionals can apply to the way they work and perform.

The focus is not wellness.
The focus is performance.

Four perspectives. One performance system.

The different perspectives can be combined according to the objectives of the programme. Not every Lab needs to include all four.

01

THINK BETTER

Brain & Cognitive Performance

Attention, cognitive load, learning and decision-making under demanding conditions.

02

RECOVER BETTER

Sleep & Recovery

Sleep, recovery and circadian rhythms — and their role in attention, memory, emotional regulation and decision-making.

03

FUEL BETTER

Energy, Nutrition & Microbiome

How nutrition, metabolism and the microbiome support the physical and cognitive demands of professional life.

04

MOVE & ADAPT

Exercise & Physical Performance

Movement, strength, cardiorespiratory fitness and the principles of load, recovery and adaptation applied to professional performance.

A relevant starting point for reflection and action.

Human performance is personal. Each participant arrives with different demands, routines and opportunities for improvement.

Our full-day Human Performance Lab begins with a short Personal Performance Assessment, completed before the programme. It provides participants with a structured snapshot across key performance areas such as energy, nutrition, movement, sleep and recovery, helping them identify where they may have the greatest opportunity for improvement.

The assessment also helps us tailor the learning experience to the needs of the group and gives each participant a relevant starting point for reflection and action.

FLEXIBLE BY DESIGN

Every Performance Lab is designed around the audience, organizational context and learning objectives. The format is flexible, but we recommend a minimum of three hours to create sufficient space for science, interaction and practical application.

3-HOUR PERFORMANCE LAB

Focused experience

A concentrated exploration of selected performance dimensions, combining evidence-based insights, interaction and practical application.

FULL-DAY PERFORMANCE LAB

Optimal integrated experience

A deeper journey across the different drivers of human performance, connecting Personal Performance Assessment, scientific insight, experimentation and individual action planning.

Understand and better manage the human system performance depends on.

The objective is not to give participants more information about health.



Short evidence-based inputs, interactive exercises, real-life decisions and practical tools turn scientific insight into actions participants can apply to their professional and everyday lives.

THE OUTCOME

Greater understanding and agency over a critical variable rarely addressed explicitly in Executive Education:
their own capacity to perform.

SALUZ
INSTITUTE

Advancing Human Performance in Organizations.