

The Human Intelligence Program

A one-month program to move employees from orange back towards green.

Renissance

Renissance for Business | Corporate Program



Performance Drops Before People Drop Out

An employee does not move from healthy performance to absence overnight.

First, recovery starts to fall behind. Energy decreases, concentration becomes harder to sustain and ordinary tasks require more effort. The employee is still present, meeting deadlines and delivering results, so the growing strain can easily remain unnoticed.

This is **the orange zone**: the space between functioning well in green and becoming unable to continue in red.

In green, an eight-hour workday may deliver 5 to 6 effective hours. In orange, this can fall towards 3 to 4 hours as focus fragments, tasks take longer and the need for recovery increases.

Without timely support, orange can gradually become red. Yet this is also the phase in which targeted support can have the greatest preventive impact.

The time to act is when performance starts to drop, not when people drop out.

Human Intelligence is a Skill

Human Intelligence is the ability to recognise what your body and mind need, and to respond with intention.

The program develops six connected skills:

1. Energy - Recognising and managing changes in physical and mental energy.
2. Recovery & Lifestyle - Building recovery into the working week
3. Stress & Regulation - Recognising pressure and regulating the stress response.
4. Focus & Performance - Protecting attention when demands increase.
5. Capacity & Balance - Understanding when demands start to exceed available capacity.
6. Self-Awareness & Response - Noticing signals early and choosing an effective response.

The first step is understanding where someone is today, and what they need to move back to green.

That is why we developed the HI Scan.

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The earlier you recognise the signal, the more power you have to change the outcome.

The HI Scan

The HI Scan identifies whether pressure is building, how it affects the employee and what level of support they need. It provides two distinct scores:

Current State Score

How someone currently feels and functions across energy, recovery, stress, focus and capacity.

Human Intelligence Score

How well someone recognises personal signals, understands what is needed and responds effectively.

The combination shows where someone currently stands, whether in the green, orange or red zone, and how effectively they can recognise and respond to what they need. These insights determine the programme path that best supports recovery and sustainable performance.

Recovery Built into the Working Week

Employees in the orange zone need more than a single recovery moment. They need a healthier rhythm. For one month, recovery becomes a fixed part of their week, with at least two visits to Renaissance. Treatments can take place before, during or after work, with workspace available when needed.

The programme includes:

- HI Scan before and after the programme
- Personalised treatments and guidance
- At least two visits per week
- Flexible scheduling around work
- Corporate rates for multiple programmes

Early support helps restore capacity before pressure becomes absence.

One Month. Three Program Paths.

High Performance

For employees in the **early orange** zone who are still performing well, but notice that focus, energy or recovery are becoming less consistent. The programme helps them restore balance and maintain their performance.

Includes:

- 3h/week of scheduled tech interventions
- Physical training sessions
- Guided interventions

High Performance + Stress Management

For employees in the **orange** zone who need to reduce the impact of pressure and strengthen their ability to regulate stress

Includes:

- 3h/week of scheduled tech interventions
- Physical training sessions
- 1h/week of additional stress interventions
- Guided interventions

High Performance + Stress and Energy Reset

For employees in the **deeper orange** zone whose energy and recovery capacity are under significant strain. The programme first helps them restore their physical and mental foundation.

Includes:

- 4h/week of scheduled tech interventions
- Physical training sessions
- 1h/week of additional stress and energy interventions
- Guided interventions

Prices HI Program

Program Prices	per participant
High Performance	€500
High Performance + Stress Management	€650
High Performance + Stress Management + Energy Reset	€900
Add on	
Better sleep (5 sessions)	€400
Calmer Nervous System (3 sessions)	€350
Physical Recovery (3 sessions)	€350
Mental Reset (3 sessions)	€485

Note:
For teams of 10 or more participants, we provide a tailored corporate proposal based on the programme mix and group size. Prices are per participant for the one-month programme and exclude 21% VAT.



Prices other services

Creative Business Space (meeting space up to 10 persons)

Half-day	€500
Full day*	€750

*A full-day booking includes a yoga or meditation session. All prices exclude 21% VAT.



FAQ

Who is the program designed for?

For employees in the orange zone who are still working and performing, but whose energy, focus or recovery are under increasing pressure

How is the right program path selected?

The HI Scan measures the participant's current state and Human Intelligence. The results determine which program path offers the right level of support.

Is there a waiting list?

No. The programs are designed to offer support when it is needed.

How quickly can someone start?

After completing the HI Scan, the participant can start the recommended program immediately.

Which interventions are used?

Depending on the program, participants use tech treatments such as infrared sauna, red light therapy and hyperbaric oxygen, combined with gym access and guided interventions.



FAQ

Are additional treatments available?

Yes. Participants can add packages focused on Better Sleep, a Calmer Nervous System, Physical Recovery or a Mental Reset.

How do we measure the result?

Participants complete the HI Scan before and after the one-month program. This measures individual progress and provides anonymised insight into the program's impact.

Is this a membership or a structured program?

It is a one-month development and recovery program with a clear starting point, personalised interventions and measurable results. The HI Scan before and after the program shows each participant's progress.

How can companies fund the program?

Companies can fund the program through Learning & Development, prevention, vitality, sustainable employability or individual development budgets. Depending on the organisation's policy and tax structure, funding through the Dutch WKR may also be possible and should be confirmed internally.

Let's connect

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