

Cognitive Overload & Sustainable Performance

A curated 90-day workplace program helping people protect their mental capacity, recover properly, and perform without constantly operating at the edge of exhaustion.

This program addresses something showing up across every organization, but still being misnamed. People are not only burned out; many are cognitively overloaded by constant information, competing priorities, rapid change, and too many demands.

We start by helping people regulate the nervous system and reconnect with the calm, confidence, and creativity that become harder to access under pressure. We then explore safe, practical ways to use AI to reduce overload and protect focus.

From there, participants learn how to change the way they work by managing time and energy more sustainably. We finish by using stories, illusions, and creative problem-solving to challenge assumptions, step back, and see problems from a fresh perspective.



The Five-Session Program

1. Nervous System Regulation	Neuroscience coach and creator of the Cultivating Calm app	How the nervous system responds to stress, use practical tools to regulate, recover, and restore capacity.
2. The Power of Wholesome Authenticity	International best-selling author, speaker and two-time award-winning entrepreneur	By quieting the mind and reconnecting with intuition, people uncover inner strength that supports confidence, creativity, and calm.
3. AI for Sustainable Performance: Stress, Focus & Habits	Physician, 2x TEDx speaker & workplace wellbeing strategist	Simple ways to use AI to reduce overwhelm, prioritize effectively, protect focus & support healthier routines
4. Cognitive Overload Roadmap	WELLOGA founder, published author and international speaker	Shift how you manage time and energy by merging practical scheduling strategies with your personal constitution.
5. The Art of Observation and Perspective	TEDx and international speaker and world-class magician	Stories, illusions, & creative problem-solving to challenge assumptions and spark fresh perspectives.



Included

Program details

- Five live, interactive webinars
- Each webinar is 45 minutes to 1 hour
- Delivered across a 90-day period
- Expert-led workplace learning experiences
- Practical reflection and takeaways for participants
- Tools that can be applied during the working day
- 1-hour team assessment and speaker briefings so it's tailored to your team.

Managed by WELLOGA

- Speaker curation
- Scheduling and coordination
- Speaker communications
- Program administration
- Delivery support
- One point of contact throughout



About WELLOGA

Rather than booking disconnected wellness sessions, your organization receives a coordinated experience designed around cognitive capacity, nervous system regulation, AI-era focus, healthier ways of working, fresh perspectives, and sustainable performance.

Done For You	Curated workplace experiences that connect organizations with relevant experts, practical ideas, and meaningful conversations.
Done For You	WELLOGA brings together wellbeing, learning, communication, and human connection to help leaders and teams feel more connected, work more effectively, and contribute at their best.
Accessible	Can you see your organization benefiting from a WELLOGA program like this? Reach out we'd love to tell you more.

Explore the Program Contact Us

Jenn Doheney
Founder, WELLOGA
www.welloga.space