



OnYourFeet

# ACE Team Experiences

What teams need most today

[oyf.com](http://oyf.com)



**More joy.**  
**Less fear.**  
**Better results.**

# The Business Case for ACE

*When people do not have good connections  
at work they are . . .*

**5x**

Five times more likely to  
miss work due to illness.

**2x**

Two times more likely to  
miss work due to stress.

**2x**

Two times more likely to  
consider quitting.

*Research by Cigna and Harvard  
Make Caring COMmon Project*

# The ACE Model



## Acknowledge

make people feel heard



## Connect

increase feelings of belonging



## Explore

create forward momentum

# ACE Team Experiences



## The Need

**It's very difficult to be on a team today.** In a time of transition your team needs to make people feel heard, increase feelings of belonging, and create positive momentum.

## The Solution

Give your people **ACE Team Experiences** to **acknowledge, connect,** and **explore** together.

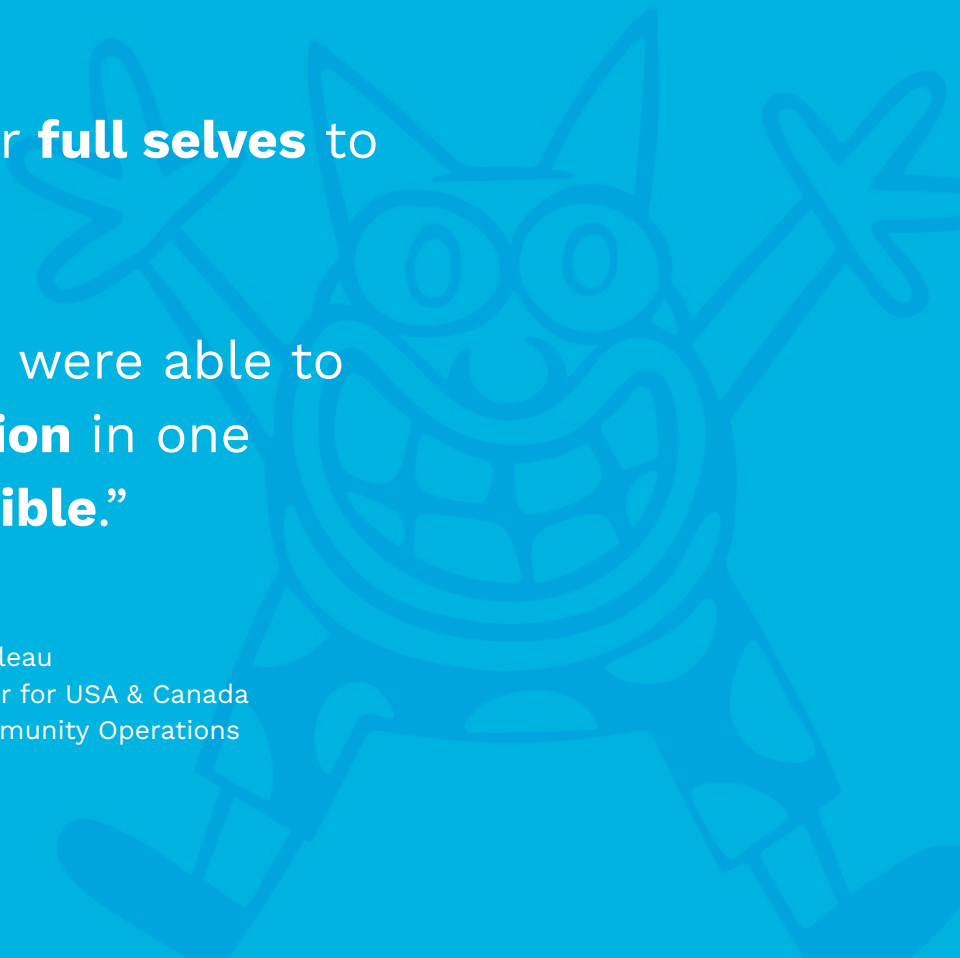
## The How

We bring you ACE Team Experience as **live workshops or virtual HIVEs** that will engage, refresh, and **transform** your teams and leave them with new **tools** for working together.

“On Your Feet helped us bring our **full selves** to the conversation.

They created a session where we were able to get **more alignment and connection** in one brief session **than I thought possible.**”

- Ruffin Chevaleau  
Uber Director for USA & Canada  
Central Community Operations



# Acknowledge

People have fundamental needs to feel **heard**, to have their problems **seen**, and to have their accomplishments **celebrated**.

Scientists find that lack of acknowledgement is **psychologically painful**, such that being ignored can feel very similar to being hated or disliked, and drastically **reduce workplace motivation**.



# Connect

People have a fundamental need to connect, **belong**, and feel part of a **shared reality**.

The Harvard “Caring” project finds loneliness has drastically increased in the last years. Further research finds people without good work connections are 5x more likely to **miss work** due to stress and 2x more likely to **consider quitting**.





# Explore

When a team takes time to consider **new and better** ways to act in the future it fulfills fundamental humans needs.

Research finds employees want more certainty and agency over the the future of work. Exploration fulfills people's needs for structure, anticipation of something positive, and a feeling ownership over the future.



# In Person ACE

In December of 2021, we launched an in-person version of ACE at a Nike Catalyst Brand Marketing retreat in the hills of Los Angeles.

“I want to thank you for the **wonderful experience** you gave my team and I in LA. This was **groundbreaking** for a team that has been through so much”

-Sahar ElGuindy, Sr. Director, Catalyst Brand Marketing at Nike

"The need to connect IRL and to **bring the humanity** back to the work was so needed and it was felt at our offsite, thanks to On Your Feet."

- Tim Ramirez, Sr. Director Brand Marketing at Nike

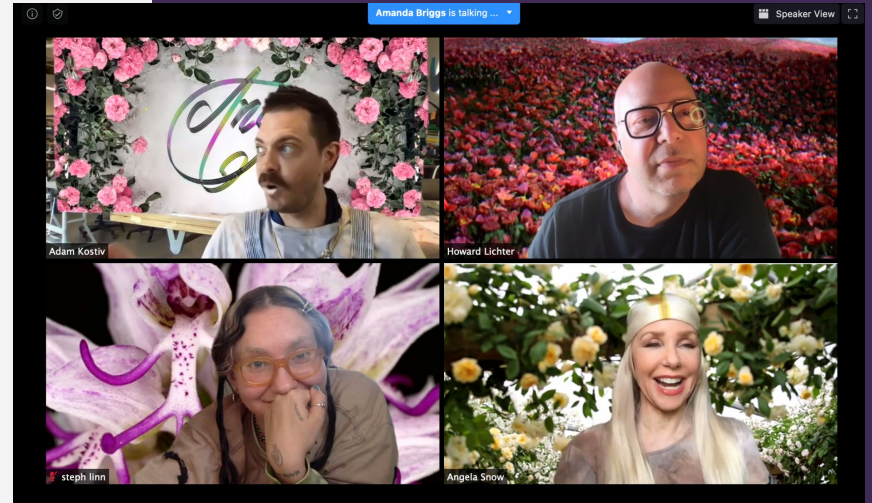


# Virtual ACE

We deliver ACE as a Highly Interactive Virtual Experiences (HIVEs), On Your Feet's unique way to make virtual more effective and joyful.

“I was amazed at how they made us **feel like we in a room together**, even though we were virtual.”

-DeAngelo Wells, Director of Diversity, Equity, and Inclusion at PGE



On Your Feet ACE session for Nike Design leadership



# Our Team

We are a diverse team of improv artists, facilitators, scientists, designers, business leaders, and more



# Our Work

We bring more joy, less fear, and better results to some of the best companies in the world





**More Joy. Less Fear. Better Results.**

[www.oyf.com](http://www.oyf.com)