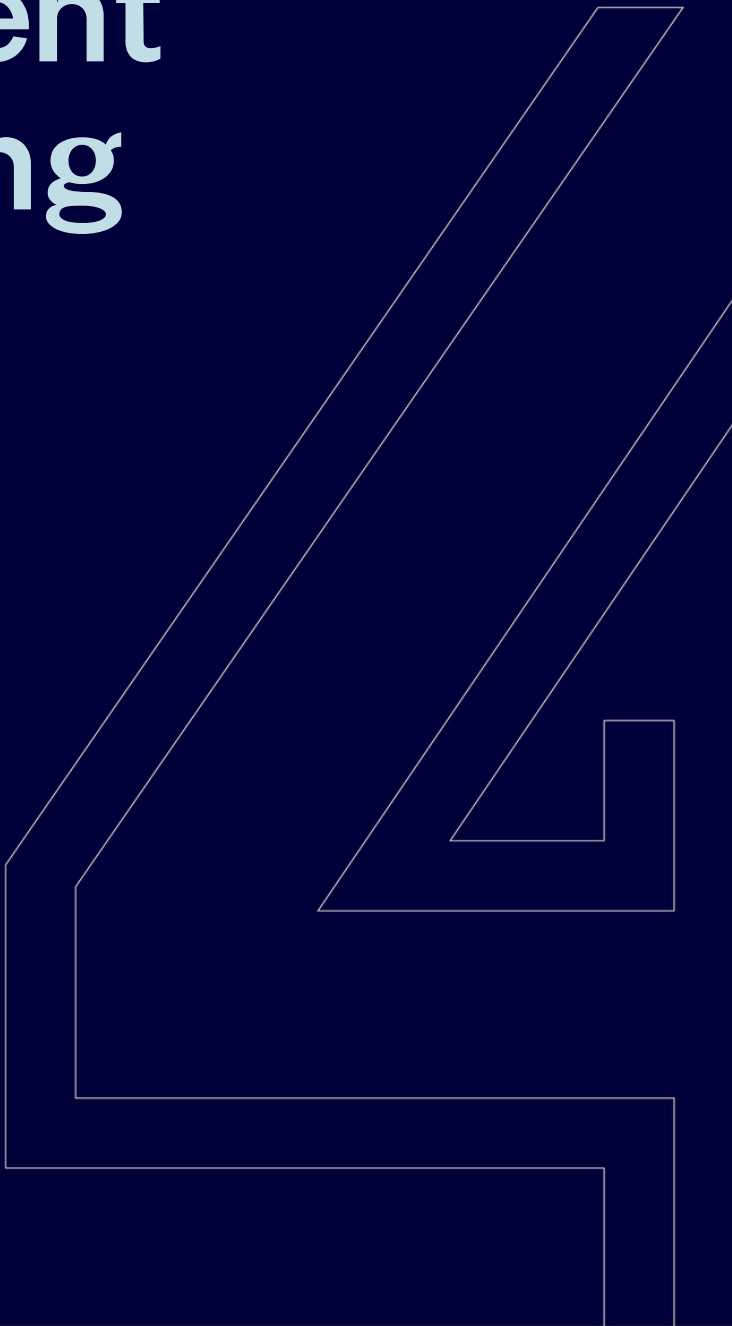




Stress Management and Building Resilience

54TWENTYFOUR.CO.ZA

54 TWENTY
FOUR



Our Offering

In today's fast-changing workplaces, professionals and leaders juggle high demands, complex decisions, and constant change. Stress is inevitable — but unmanaged stress reduces clarity, lowers performance, and impacts team morale.

At 54TwentyFour, we offer one-on-one coaching, team workshops, executive sessions, and leadership programmes that equip professionals, teams, and leaders with the awareness and skills to manage stress effectively. Our approach helps people perform at their best while building resilience for long-term wellbeing and sustainable success.



EXECUTIVE SESSIONS	TEAM WORKSHOPS	LEADERSHIP PROGRAMMES
Short, impactful masterclasses.	Building collective resilience.	Integrating stress management into leadership development programmes.
Designed for executives and senior leaders who have limited time but face high demands. These 60–90 minute sessions provide sharp insights into the neuroscience of stress, practical tools for immediate use, and space for leaders to reflect on their own stress patterns.	Interactive half-day or full-day workshops that help teams recognise stress dynamics, improve communication under pressure, and create shared strategies for supporting one another. These workshops strengthen trust and psychological safety while equipping teams with resilience practices they can apply daily.	Multi-session programmes that integrate stress management into the broader leadership journey. Leaders explore how their stress response influences decision-making, team culture, and performance. Programmes combine learning, practice, and coaching to ensure long-term behavioural shifts and resilient leadership.

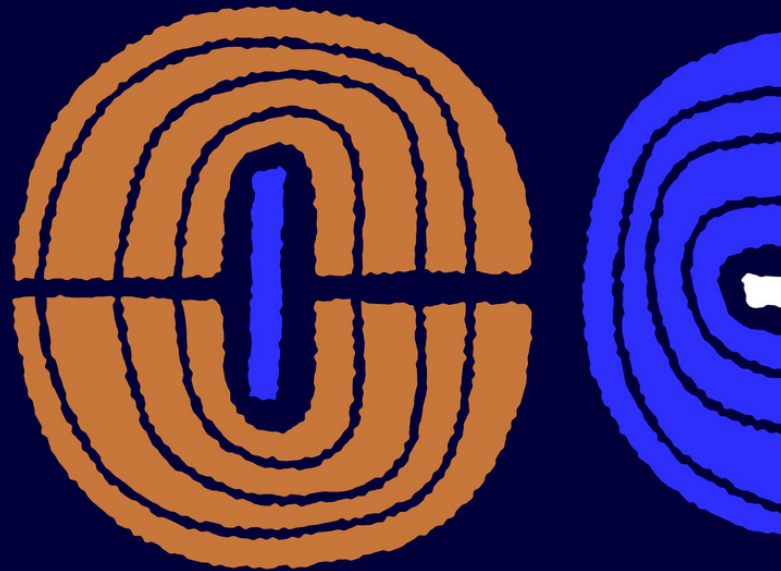
Flexible Delivery – In Person, Hybrid, or Online

We adapt to your organisational reality. Sessions can be facilitated on-site for immersive learning, delivered online for accessibility across geographies, or run in a hybrid model to bring together dispersed teams.

About Us

54TwentyFour is a diversity, equity, and inclusion consultancy specializing in inclusive employee experience design, coaching, training, and leadership development.

Our mission is to support organisations in creating inclusive environments that unlock the full potential of their diverse workforce.



Some of our previous and current clients:



Joe Public



SILVERBRIDGE



DEMCO



MULTOTEC

Baker
McKenzie.



mazars

M&CSAATCHI



Ogilvy

We have been featured on:



Our Story



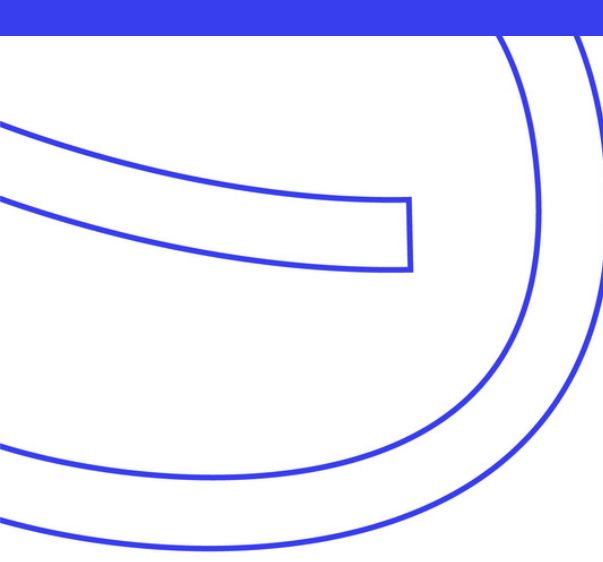
“5424 (54TwentyFour) is the street number of my childhood home in Orlando East, Soweto. Growing up in a low-income community, I witnessed first-hand the challenges of unemployability, teenage pregnancy, alcoholism, and other social issues that persist in South Africa. Today, I find myself in a better place, partly due to the transformative social changes that unfolded during the 90s.

Growing up in the 90s, I witnessed a remarkable period in South Africa marked by our first democratic election, which saw Nelson Mandela become the nation's first black president, and the acceptance of our constitution. These milestones instilled in me a profound sense of hope for equity and inclusion.

I founded 54TwentyFour when I realized that, despite changes in laws and an increased intolerance for discrimination, there remained an ongoing need to create inclusive workplaces that embrace diversity and enable social progress.”

JULIA MAKHUBELA





Thank you.

LEVEL 1 B-BBEE CONTRIBUTOR

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