



EXECUTIVE PROGRAM

# Risk Workout 2026 Autumn

STARTS SEPTEMBER 30, 2026



## Risk as a Business Enabler

Leveraging risk management to support business growth, resilience and better decisions.



## For risk and business professionals who create value

**Bring your CEO for free.**

Each registered risk professional may bring one CEO, C-level or business colleague at no additional cost.



**Only 10 organizations**

**Come with questions. Leave with solutions.**



No abstract lectures.

Just hands-on experience, expert guidance and shared practice.

# Why Risk Workout

Risk professionals often carry the risk dialogue alone. Business leaders want risk to be useful — but too often risk work appears as documentation, reporting or compliance burden. The gap between risk, strategy and decisions is not a knowledge problem. It is a conversation problem.

## Why It Exists

### The Gap Is Real

Risk and business operate in separate conversations, creating misalignment between strategy and risk reality.

### The Solution Is Shared

Risk Workout brings both sides into the same room to work on real challenges together.

### The Format Is Different

No abstract lectures. Hands-on experience, expert guidance and shared practice across a curated cohort.

### The Outcome Is Tangible

Organizations leave with real work done — updated documentation, refined practices, shared language.

## Guaranteed Results

### Value for Business

- Focus on real risks
- Risk taxonomy calibrated to strategy
- Key risks in business decisions
- Best practices as controls

### Documentary Compliance

- Risk strategy and appetite structured for business and regulation
- Policies and reporting aligned with operating reality

### Confidence to Build Real Practice

- Revisited relationship with risk
- Peer support across cohort
- Stronger confidence in risk's value

*This is not a standard training. It is a structured journey where risk becomes useful for strategy, resilience and real decisions.*



# What Is Included: Program at a Glance

A total of 16.5 hours of structured, expert-led work on your real risk challenges – combining intensive group sessions, individual feedback and private advisory time.

## 12h

### Workout Sessions

Four focused hands-on modules

#### September 30 · **Workout I** · 3 hours **Strategic Integrity & Risk Appetite**

How risk categories and taxonomy are calibrated with business needs.

What key interdependencies and risk multipliers matter.

How to document risk strategy and appetite based on business reality and regulatory requirements.

#### October 21 · **Workout II** · 3 hours **Value-Adding Risk Register**

How strategy translates into real risk work.

What real business risks may be missing in the risk register.

Deep dive into controls efficiency.

How to align risk process and reporting with business reality and regulations.

#### November 11 · **Workout III** · 3 hours **ICT & Extended Business System**

What are critical parts and assets of your business system.

How to connect third parties and ICT risks into your business universe.

How to treat AI and what risks it involves

How to choose consciously what to measure and monitor.

#### November 26 · **Workout IV** · 3 hours **Risk Mindset Evolution**

How to see organization outside-in. Customer's voice.

How to design real business practices that support business decisions and sustain new habits.

How organizational rhythm can enhance collective knowledge.

Planning next stage of risk maturity evolution.

## 3h

### Support Sessions

Group Q&A and consultation between workouts

1

2

3

4

5

6

7

8

#### Support Session I · 1 hour

Q&A, Peer Sharing & Individual Feedback

#### Support Session II · 1 hour

Q&A, Peer Sharing & Individual Feedback

#### Support Session III · 1 hour

Q&A, Peer Sharing & Individual Feedback

#### Private Consultation · 1.5 hours

Tailored Organizational Roadmap

## 1.5h

### Private Consultation

One-to-one with Dr. Vilma Nasteckienė

#### Individual Feedback

On homework and risk documentation between sessions

#### Expert Peer Cohort

Insights and shared practices from curated peer organizations

#### Digital Certificate

Upon successful program completion

#### Free Business Pass

One C-level or business colleague joins at no additional cost

# Who Should Join and What They Say

This cohort is designed for risk professionals who want to stop working alone and for the business leaders who are ready to make risk based decisions. The program works best as a pair.

## For the Risk Professional

- Stop translating risk value alone – involve business leadership in the risk dialogue
- Make risk appetite useful for real strategic choices, not just documentation
- Make the risk register support decisions, not just satisfy compliance
- Align documentation with business reality and regulatory expectations
- Build confidence to develop a real, sustainable risk practice

## For the Business Leader

- Understand the risk landscape shaping your strategy and operations
- Engage with risk as a tool for better decisions, not a compliance obligation
- Build shared language with your risk team
- Join a curated peer cohort of C-level executives navigating the same tensions

**Best results are achieved when the risk professional and a C-level or business colleague join together. Each registered risk professional may bring one CEO, C-level or business colleague at no additional cost.**

## What Participants Say

"This was the first time when I experienced open communication and practice sharing between direct or indirect competitors – and it was so natural and appreciated."

"The mix of group sessions and 1:1 was extremely valuable – to align, benchmark ourselves and roadmap our risk evolution further."

"We navigated from strategic integrity and core principles to very practical application of KPI, KRI and controls using real-life examples."

"I cheer the unique possibility to bring a colleague from business for free and immerse together in risk context. It gave much value for both of us."

# Investment & How to Register

Risk Workout is a focused, high-touch program limited to 10 organizations – ensuring depth of engagement, peer quality and individual attention from the program team throughout the journey.

## Investment

### Organization Pair

€ 1.690

Includes one registered risk professional and one CEO / C-level / business colleague at no additional cost. Full 16.5-hour program, individual feedback and private consultation included.

### Additional Participant

€ 690

An additional participant from the same organization may join, subject to availability and cohort fit.

*"Come with real questions.  
Leave with solutions."*

## How to Register

The Autumn 2026 cohort starts September 30. Only 10 organizations are accepted.

01

### Book a Short Fit Call

Confirm the program is the right fit for your organization.

02

### Share Your Context & Challenges

Brief the program team on your current risk maturity and key challenges.

03

### Confirm Your Organization Pair

Identify the risk professional and business colleague who will join together.

04

### Join the Cohort

Start working on real risk-business alignment alongside a curated peer group.

#### Contact:

vilma@holisticbusinessrisk.com  
+37068634532

#### Website:

www.holisticbusinessrisk.com

Interested? Book a call now

# Program Team & Partners

Risk Workout is built and delivered by practitioners with deep expertise in risk, compliance, finance and organizational development – supported by a network of knowledge and communication partners.

## Program Author & Leading Trainer

**Dr. Vilma Nasteckienė** –  
Holistic Business Risk  
Pioneer, Researcher,  
Mentor.  
Guides each organization's  
journey from intake  
through to the post-  
program roadmap.

## Knowledge Partners & Trainers

- Dr. Annette M. Schüller,  
CFA, LL.M. · Vitruvia
- Rokas Muraška · Paystrax
- Copla

## Communication Partners

- Lithuanian Fintech  
Association
- European Compliance  
Professionals Association  
(ECPA)

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## Risk Workout Is a Working Space

Risk Workout is not a training where risk professionals learn alone. It is a working space where risk and business enter the same conversation – and risk becomes useful for strategy, resilience and real decisions.



**Bring your CEO for free.  
And you will never be alone in  
the risk dialogue.**