

The MoveMaker 6M Method

Six practical levers that shape how a moment feels - and how easily people can understand, remember, trust, and act.

The 6M Method helps coaches, educators, leaders, facilitators, and organizations design better conditions for being human. Use all six to build an experience, or choose the one lever that could meaningfully shift the moment.

M

MOVEMENT

BODY

How bodies move, pause, participate, and regulate.

DESIGN QUESTION

What does the body need in order to engage?

M

MUSIC

ENERGY

How sound, rhythm, tempo, and silence shape energy.

DESIGN QUESTION

What should this moment sound like?

M

MUNCHIES

FUEL

How nourishment and hydration support available energy.

DESIGN QUESTION

What would help people feel fueled, not depleted?

M

MIND-BENDERS

ATTENTION

How surprise, play, challenge, and reflection wake up thinking.

DESIGN QUESTION

What could interrupt autopilot?

M

MINI MESSAGES

MEANING

The few words people most need to understand and remember.

DESIGN QUESTION

What is the clearest useful message?

M

MOOD

ATMOSPHERE

How scent, lighting, space, tone, and sensory cues influence the room.

DESIGN QUESTION

What conditions would help this land?

THE POINT

Change the conditions - not the person. A small shift in the environment can make more human capacity available.

Build It With the 6Ms

Choose a meeting, class, workshop, conversation, event, or message. Start with the human outcome, then make one intentional choice for each M.

THE MOMENT I AM DESIGNING

WHAT SHOULD PEOPLE UNDERSTAND, FEEL, OR DO?

MOVEMENT

M

What does the body need in order to engage?

MUSIC

M

What should this moment sound like?

MUNCHIES

M

What would help people feel fueled, not depleted?

MIND-BENDERS

M

What could interrupt autopilot?

MINI MESSAGES

M

What is the clearest useful message?

MOOD

M

What conditions would help this land?

THE SMALLEST SHIFT WITH THE GREATEST IMPACT
