



RESET & REWIRE

Using A Physiology First Approach™

Scientifically-validated methodologies that empower overstretched professionals to take control of their internal state and mitigate stress the moment it arises. This online learning program transforms uncertainty into greater clarity, energy & impact in less time.

BUSINESS CHALLENGE: Many professionals struggle with mitigating everyday stressors and ongoing change, which can negatively impact both personal physical and emotional well-being, as well as organizational performance and outcomes.

LIMITATIONS OF TRADITIONAL APPROACHES: Traditional approaches to stress management often focus on offering employees coping strategies after stress has already occurred, rather than providing tools to mitigate stress as it arises. While practices such as diet, meditation and exercise can absolutely support individual well-being and performance, these are often not practices that are immediately accessible or feasible for everyone. As a result, individuals and teams can feel overwhelmed and unable to perform at their best the moment that stress hits, thus limiting organizational effectiveness.

OUR UNIQUE SOLUTION: Reset & Rewire - Using a Physiology First Approach™ is a scientifically-validated methodology that empowers individuals and teams to take control of their internal state and mitigate stress the moment it arises. By harnessing the power of the nervous system and understanding the physiology behind stress, professionals can create a calmer state in moments of discomfort, rather than experiencing sustained periods of fight or flight and the resulting declines in performance and well-being. These practices integrate seamlessly with time-revered practices for energy management across cultures. This combined capacity gives organizations an edge in an ever-changing world rife with ongoing stress.

OUTCOMES: Through our program, individuals and teams learn how to accelerate adaptability in an increasingly uncertain world, unlock greater performance faster, and radically alter their relationship with anxiety. Specifically, in 4 video-based modules with corresponding worksheets, downloadable audios, research and resources, employees:

Discover how the “Fight, Flight, or Freeze” state gets activated and how to create a state of “calm and flow” instead.

Explore the signs and signals of a hijacked nervous system so they can take charge of their energy faster when a trigger arises.

Learn techniques rooted in their physiology so they can shift their feelings, thoughts, and behaviors, and ultimately their results.

THE BOTTOM LINE: Reset & Rewire - Using a Physiology First Approach™ is an effective program for groups seeking to foster greater adaptability fast. By applying scientifically-validated tools to mitigate stress as it arises, and merge with ancient practices for energetic well-being, our program empowers individuals to take charge of their nervous systems, and unleash positive results for their team, their organizations, and ultimately, their lives.