



RESET & REWIRE + REDEFINE & ALIGN

Together, **Reset & Rewire** and **Redefine & Align** offer a comprehensive approach to enhancing leaders' ability to take charge of their energy so they can unlock greater clarity of communication, decision-making and resourceful problem-solving during times of stress, and manage through uncertainty with greater speed and efficiency.

In our two-part targeted learning and application journey we leverage the unique combination of curated coaching calls with supplemental on-demand videos to build these capabilities at scale, thus shaping the culture along the way. In summary, our two-part solution provides a complete transformational journey, empowering your organization to turn the challenges of stress and uncertainty into strategic opportunities for growth and innovation.



PART ONE: Reset & Rewire lays the foundational groundwork by:

- + Empowering leaders with refined awareness to improve internal control of their nervous systems under conditions of pressure and uncertainty.
- + Fostering adaptability and a healthier relationship with stress, the moment that it hits.
- + Increasing leaders' capacity to shift into resourceful, creative and collaborative problem-solving, effective communication and decision-making.

PART TWO: Redefine & Align deepens leaders' ability to quickly and efficiently rewire themselves and guide others forward during times of ongoing change by:

- + Identifying inherent energetic pitfalls in the change experience and ways to shorten the duration of navigating through disruption.
- + Cultivating physiological, emotional, and cognitive alignment in the face of adversity.
- + Mastering the 9 proven skills for navigating the universal phases of change, better preparing for ongoing uncertainty.
- + Fostering conditions that enable others to move through change with greater speed and efficiency.



Explore the details of each program in the following pages.



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 customized coaching calls with supplemental on-demand videos, 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.



REDEFINE & ALIGN

Using A Physiology First Approach™

Supporting professionals inundated with ongoing change efficiently uncover the inherent pitfalls in any change and shorten the duration to navigating through ongoing uncertainty. With this online learning program, professionals master 9 mental, emotional and physiological skills needed to efficiently accelerate through the universal phases of change.

BUSINESS CHALLENGE: In today's fast-paced and highly uncertain work environment, leaders are struggling to move their teams into resourceful, possibility-oriented thinking and create cultures of growth. The belief that change is inherently difficult and stressful is pervasive and can unintentionally lead teams to get energetically locked in restrictive beliefs and limiting behaviors that negatively impact efficiency, productivity, and results.

LIMITATIONS TO TRADITIONAL APPROACHES: Traditional approaches to managing uncertainty often over index on providing clear, logical rationale for change and under address the physiological and emotional impact of change on individuals and teams. This often results in prolonged periods of transition and adjustment, leading to drops in productivity and morale.

OUR UNIQUE SOLUTION: Redefine & Align – Using a Physiology-First Approach™ is an online learning program that helps professionals master the 9 mental, emotional, and physiological skills needed to navigate through the universal phases of change efficiently. In three video modules with practical, easy-to-implement skills, professionals learn how to use change as a catalyst for growth and create a climate of possibility thinking.

LEARNING OUTCOMES: Participants in Redefine & Align – Using a Physiology-First Approach™ will:

Identify inherent energetic pitfalls in change experience and ways to shorten the duration of navigating through uncertainty.

Cultivate physiological, emotional, and cognitive alignment in the face of uncertainty, enhancing change efficiency.

Master the 9 proven skills for navigating the universal phases of change, better preparing for ongoing uncertainty.

Foster conditions that enable others to move through change with greater speed and efficiency.

THE BOTTOM LINE: Redefine & Align – Using a Physiology-First Approach™ provides professionals with scientifically-proven skills and an altered physiological baseline, empowering individuals and teams to embrace expansive thinking, boost resourceful planning, and strengthen team cohesion during rapid change. By fostering a growth-oriented culture, the program enables organizations to navigate uncertainty effectively and bring people along with more ease and less pain.