

CORPORATE WORLD RESET™

CHANGE YOUR RELATIONSHIP WITH WORK

5 WEEKS · £1,100

Understand the patterns running you at work and take back control of how you respond.

You can be highly capable and still find yourself constantly feeling “on”, absorbing the stress around you, struggling to switch off, overworking or losing focus in a chaotic environment.

Corporate World Reset™ is a focused five-week 1:1 programme designed to help you understand your workplace patterns, identify what triggers them and develop more effective responses.

The goal isn't to make you care less about your work. It's to stop your workplace environment from running you.

WHAT WE'LL WORK ON

WEEKS 1–3 | WORKPLACE SYSTEM MAPPING

Understand your workplace pressure, demands, capacity, energy allocation and recurring patterns.

ENERGY & LOAD

Identify where your energy is being depleted, how your environment affects you and what may be contributing to feeling constantly “on”, drained or mentally overloaded.

WEEK 4 | PATTERN INTERRUPTION

Recognise automatic responses in real workplace situations and begin developing alternative responses.

WEEK 5 | RESET & MAINTAIN

Create your Personal Corporate Reset Plan for focus, boundaries, performance and maintaining the changes.

WHAT YOU'LL RECEIVE

- **5 private 1:1 sessions**
- Complete Workplace Pattern Assessment
- Trigger Identification & Mapping
- Personal Corporate Pattern Blueprint
- System Mapping & Diagnostic Work
- Energy & Load Assessment
- Neuroscience & Neuroplasticity Education
- Nervous System Regulation Tools
- Pattern Interruption Strategies
- Focus & Performance Strategy
- Boundaries & Communication Tools
- Difficult People & Workplace Dynamics Work
- Workplace Environment & Energy Assessment
- WhatsApp Support Throughout
- Personal Corporate Reset Plan

BY THE END

You will have a clearer understanding of:

- The patterns you fall into at work
- What triggers your stress and changes your behaviour
- How your nervous system responds under workplace pressure
- How your environment affects your focus and responses
- How to stop automatically reacting to every demand, interruption or emotional dynamic around you
- How to build stronger boundaries without losing your ambition
- How to feel more focused, clear and in control of your responses

YOU'LL STOP ALLOWING YOUR WORKPLACE PATTERNS TO RUN YOU.

THIS IS FOR YOU IF...

- You constantly feel “on”.
- You struggle to switch off after work.
- You feel drained or mentally exhausted.
- You experience brain fog or difficulty concentrating.
- You find yourself absorbing the stress or atmosphere of people around you.
- You overwork because you feel you have to prove yourself.
- You struggle to say no or constantly seek approval.
- You find workplace politics exhausting.
- You feel emotionally drained by certain people.
- You know you're capable of more, but your current environment is affecting how you perform.

THE OUTCOME

Corporate World Reset™ gives you a practical framework for understanding your workplace patterns, protecting your focus, managing demands, communicating boundaries and responding more effectively under pressure.

YOUR INVESTMENT

£1,100 PAID IN FULL

OR

2 MONTHLY PAYMENTS OF £550

DISCUSS CORPORATE WORLD RESET™

CORPORATE WORLD RESET™

CLIENT TAKEAWAY

Your workplace may not change overnight. What can change is your understanding of how you respond to it.

WORKPLACE PATTERNS

Understand the recurring patterns that affect your stress, focus, behaviour and performance.

ENERGY & LOAD

Understand where your energy is being depleted and how your workplace environment can affect your capacity and responses.

TRIGGERS

Recognise the people, situations, expectations and workplace dynamics that activate your responses.

RESPONSE

Understand how pressure affects your attention, nervous-system state, emotions and behaviour.

BOUNDARIES & FOCUS

Build practical strategies for protecting your attention, communicating boundaries and maintaining effective performance.

SELF-CORRECTION

Apply the work to real workplace situations and build the ability to recognise and correct drift independently.

UNDERSTAND THE PATTERN.

CHANGE THE RESPONSE.

TAKE BACK CONTROL OF HOW YOU WORK.