

PATTERN RESET™

FIND THE PATTERN

4 WEEKS · PRIVATE 1:1 PROGRAMME

Understand what is happening underneath your pattern.

Most people don't have a stress problem. They have a pattern problem.

You may know exactly what you want to change, yet still find yourself responding in the same way when pressure rises. You may overthink, push harder, become overwhelmed, lose focus, struggle to switch off or react in ways you consciously don't want to.

Pattern Reset™ is a focused four-week 1:1 programme designed to help you understand the recurring pattern underneath those responses, recognise what tends to activate it and become more aware of what happens to you under pressure.

The aim isn't to change who you are. It's to understand yourself well enough to recognise the pattern before it automatically takes over.

WHAT WE'LL WORK ON

UNDERSTAND THE PATTERN

Explore the recurring responses that appear when you are under pressure and begin to see the wider picture rather than treating each reaction as an isolated problem.

RECOGNISE WHAT AFFECTS YOU

Look at the pressures, people, environments and demands that can influence your energy, attention and responses.

NOTICE THE EARLY SIGNALS

Develop greater awareness of the signs that appear before a familiar pattern gathers momentum.

CREATE MORE CHOICE

Begin developing practical ways to create space between what happens around you and how you respond.

TAKE THE WORK INTO REAL LIFE

Leave with a personalised direction for applying what you have learned to everyday situations.

WHAT YOU'LL RECEIVE

- 4 private 1:1 sessions
- A personalised assessment of the patterns currently affecting you
- Individual exploration of your pressures, triggers and recurring responses
- Neuroscience and neuroplasticity education relevant to your experience
- Practical nervous-system regulation tools
- Guidance for recognising and responding differently to familiar patterns
- A personalised action plan for taking the work into everyday life

BY THE END OF PATTERN RESET™

You will have a clearer understanding of:

- The recurring pattern affecting you
- The situations and pressures that tend to activate it
- How your nervous-system state can influence your responses under pressure
- How energy, attention and behaviour can interact
- The early signs that an old response is beginning to take over
- Where you may be able to create space for a different response

YOU LEAVE WITH A MAP.

A clearer understanding of yourself, what tends to affect you and how you respond, together with practical tools and a personalised direction for taking the work into everyday life.

THIS IS FOR YOU IF...

- You keep repeating patterns you want to change.
- You feel overwhelmed, depleted or under sustained pressure.
- You know what you want to do differently but struggle when pressure rises.
- Certain people or environments affect you more strongly than you would like.
- You notice similar patterns appearing across relationships, work or everyday life.
- You want to understand what's happening underneath your behaviour.
- You want a focused starting point before committing to deeper work.

THE DIFFERENCE

Pattern Reset™ is the focused starting point. It helps you understand the pattern that is currently affecting you without trying to overhaul every area of your life at once.

For those who want to continue into deeper, longer-term work, The Pattern Lab™ builds on that understanding through a more extensive private 1:1 programme.

4 WEEKS · PRIVATE 1:1 WORK

DISCUSS PATTERN RESET™

PATTERN RESET™

CLIENT TAKEAWAY

The purpose of this programme is not to make you someone else.

It is to help you understand what is happening underneath your behaviour, recognise familiar responses earlier and begin creating more choice in how you respond.

YOUR PATTERN

Understand the recurring responses that tend to appear under pressure.

WHAT AFFECTS YOU

Recognise the situations, people, expectations and environments that can influence how you respond.

YOUR SYSTEM

Develop greater awareness of the relationship between nervous-system state, energy and behaviour.

EARLY RECOGNITION

Learn to notice the signs that a familiar response may be beginning.

YOUR NEXT STEP

Take a personalised action plan into real life and use what you have learned beyond the programme.

**FIND THE PATTERN.
UNDERSTAND IT.
BEGIN TO RESPOND DIFFERENTLY.**