

PATTERN RESET™

FIND THE PATTERN

4 WEEKS · £1,000

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 find yourself reacting in ways you consciously don't want to.

Pattern Reset™ is a focused four-week 1:1 programme designed to help you understand your individual pattern, what triggers it, where your energy is being lost and how your nervous system influences the way you respond 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

WEEK 1 | SYSTEM MAPPING

Understand your pressure environment, capacity, energy patterns and triggers. We'll create a clear picture of what is happening rather than trying to change everything at once.

WEEK 2 | LOAD REDUCTION

Identify hidden pressure and energy leaks that keep your system overloaded, and understand what is taking more from you than you realise.

WEEK 3 | BASELINE STABILISATION

Understand your regulated baseline and recognise the early signs that your system is beginning to shift.

WEEK 4 | PATTERN INTERRUPTION

Identify the automatic sequence between trigger and reaction, and begin creating space for a different response.

RECOGNISE IT → INTERRUPT IT → RESPOND DIFFERENTLY.

WHAT WE'LL USE

Your work is personalised around your individual system and may include:

- Personal Pattern Assessment
- System & Pattern Mapping
- Energy & Load Assessment
- Trigger Mapping
- Neuroscience & Neuroplasticity Education
- Energy Mapping & Regulation
- Nervous System Regulation
- Pattern Interruption Tools

WHAT YOU'LL RECEIVE

- **4 private 1:1 sessions**
- Personal Pattern Assessment
- System & Pattern Mapping
- Energy & Load Assessment
- Neuroscience & Neuroplasticity Education
- Energy Mapping & Regulation
- Nervous System Regulation
- Pattern Interruption Tools
- Personal System Diagnostic Summary
- Personal Action Plan

BY THE END OF PATTERN RESET™

You will have a clearer understanding of:

- Your individual pattern
- Your key triggers
- How your nervous system responds under pressure
- Where your energy is being used or lost
- Where you begin to revert to familiar responses
- Where you can interrupt the pattern and create a different response

YOU LEAVE WITH A MAP.

A clearer understanding of yourself, your triggers and your responses, together with practical tools and a personalised action plan to take 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 should be doing but struggle to respond differently when pressure rises.
- You don't understand why certain people or environments affect you so strongly.
- You notice the same patterns appearing in your relationships or work.
- 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 is designed to help you **find and understand the pattern** rather than trying to change every area of your life at once.

For those who want to take the work further, **The Pattern Lab™** moves into deeper, longer-term work to interrupt, stabilise and build the new pattern.

YOUR INVESTMENT

£1,000 PAID IN FULL

OR

£350 PER MONTH FOR 3 MONTHS

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 the pattern earlier and begin responding differently.

YOUR PATTERN

Understand what repeatedly happens under pressure.

YOUR TRIGGERS

Recognise the people, situations and environments that activate your responses.

YOUR SYSTEM

Understand how your nervous system, energy and behaviour interact.

YOUR INTERRUPTION POINT

Recognise where you can begin to interrupt the automatic response.

YOUR NEXT STEP

Take your Personal Action Plan into real life.

FIND THE PATTERN.

Understand it. Recognise it earlier. Begin to respond differently.