

CORPORATE WORLD RESET™

CHANGE YOUR RELATIONSHIP WITH WORK

5 WEEKS · PRIVATE 1:1 PROGRAMME

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 the workplace patterns affecting your stress, focus, energy and behaviour, and develop more effective responses under pressure.

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

UNDERSTAND YOUR WORKPLACE PATTERNS

Recognise the recurring situations and pressures that influence how you think, feel and respond at work.

IDENTIFY WHAT DRAINS YOUR CAPACITY

Explore how demands, workplace dynamics and your environment can affect your energy, attention and ability to switch off.

RECOGNISE TRIGGERS & AUTOMATIC RESPONSES

Build awareness of the moments where pressure begins to change your focus, behaviour or emotional state.

DEVELOP MORE EFFECTIVE RESPONSES

Learn practical ways to respond differently to demands, interruptions, difficult dynamics and sustained pressure.

BUILD STRONGER BOUNDARIES & FOCUS

Create a more sustainable relationship with performance, communication, attention and recovery.

WHAT YOU'LL RECEIVE

- 5 private 1:1 sessions
- A personalised assessment of your current workplace patterns
- Individual exploration of your triggers, pressures and recurring responses
- Neuroscience and neuroplasticity education relevant to your experience
- Practical nervous-system regulation tools
- Strategies for focus, boundaries and communication
- Support with difficult people and workplace dynamics
- WhatsApp support throughout the programme
- A personalised framework for maintaining the changes beyond the five weeks

This gives you the structure and support of the programme without turning the methodology itself into an instruction manual.

BY THE END

You will have a clearer understanding of:

- The workplace patterns that repeatedly pull you off balance
- What tends to trigger stress and alter your behaviour
- How pressure can affect your nervous-system state, focus and responses
- How your environment and workplace dynamics influence your capacity
- How to reduce automatic reactions to demands, interruptions and emotional dynamics
- How to communicate stronger boundaries without losing your ambition
- How to feel more focused, clear and in control of your responses
- How to recognise when old patterns are beginning to return and respond earlier

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 absorb the stress or atmosphere of people around you.
- You overwork because you feel you have to prove yourself.
- You struggle to say no or find yourself seeking approval.
- You find workplace politics exhausting.
- Certain people or dynamics leave you emotionally drained.
- 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, personalised framework for understanding what happens to you under workplace pressure, protecting your focus, managing demands, communicating boundaries and responding more effectively.

You are not being taught to tolerate a dysfunctional environment. You are developing greater control over the part of the equation you can influence: how you recognise, regulate and respond to what is happening around you.

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

Recognise the recurring behaviours and responses affecting your stress, focus and performance.

PRESSURE & CAPACITY

Understand the conditions that leave you feeling overloaded, depleted or unable to switch off.

TRIGGERS

Become more aware of the people, situations, expectations and dynamics that tend to activate your responses.

RESPONSE

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

BOUNDARIES & FOCUS

Develop practical ways to protect your attention, communicate more clearly and work with greater control.

LONG-TERM CHANGE

Leave with a personalised approach for recognising old patterns earlier and maintaining more effective responses in real workplace situations.

**UNDERSTAND THE PATTERN.
CHANGE THE RESPONSE.
TAKE BACK CONTROL OF HOW YOU WORK.**

The internal assessment process, programme sequencing and proprietary Pattern Lab / Neuroenergetics methodology are intentionally delivered within the programme rather than reproduced in this overview.