

THE PATTERN LAB™

INSTALL A BETTER OPERATING SYSTEM

12 WEEKS · £3,500

Understand the system. Change the pattern. Build something that lasts.

Most personal development programmes focus on changing your thoughts. Some focus on changing your behaviour.

Pattern Lab™ looks at the whole system.

Over twelve weeks, we'll work across energy, nervous system and behaviour to understand the patterns shaping how you think, feel and respond under pressure.

We'll go beyond identifying the pattern. You'll learn to interrupt it, stabilise your system, build new behavioural responses and transfer those changes into real life.

The goal isn't to become somebody different. It's to understand yourself well enough to respond differently.

WHAT WE'LL WORK ON

WEEKS 1–3 | MAP, REDUCE & STABILISE

Understand your pattern, pressure environment, energy allocation and nervous-system states.

WEEK 4 | PATTERN INTERRUPTION

Identify and interrupt the automatic trigger-to-reaction sequence.

WEEKS 5–6 | TRAIN & CONTAIN

Build greater stability under pressure and create structures that support consistent behaviour.

WEEKS 7–8 | RECOVER & STABILISE

Restore energy and strengthen the new behaviours so they become more consistent.

WEEKS 9–10 | TRANSFER & SELF-CORRECT

Apply the work in real-life pressure situations and learn to recognise and correct drift independently.

WEEKS 11–12 | CONSOLIDATE & INTEGRATE

Consolidate the work and create your long-term framework for maintaining the new pattern.

WHAT YOU'LL RECEIVE

- **12 private 1:1 sessions**
- Complete Pattern Assessment
- Personal Pattern Blueprint
- System Mapping & Diagnostic Work
- Energy Mapping & Regulation
- Neuroscience & Neuroplasticity Education
- Nervous System Regulation
- Behavioural Psychology & Pattern Interruption
- Relationship & Environmental Pattern Work
- WhatsApp Support Throughout
- Personal Integration Plan
- Long-Term Maintenance Plan
- Self-Correction & Drift Protocol

BY THE END

You'll have:

- A deeper understanding of the patterns shaping your life
- A clear understanding of how your energy, nervous system and behaviour interact
- Greater awareness of your triggers and early warning signs
- Practical tools for regulating yourself under pressure
- Greater behavioural consistency and discipline
- A personalised approach to recovery and energy management

- The ability to recognise and correct drift before the old pattern takes over
- Your own Personal Pattern Blueprint and long-term framework

THIS IS FOR YOU IF...

- You're ready to understand yourself at a deeper level.
- You keep finding yourself in the same cycles despite knowing you want something different.
- You perform highly but feel the internal cost of constantly pushing.
- Your relationships, environment or other people's energy can significantly affect how you feel and behave.
- You're ready to commit to deeper, personalised work.

THE DIFFERENCE

Pattern Reset™ helps you **find the pattern**. The Pattern Lab™ goes deeper into the whole system, helping you understand, interrupt and stabilise the pattern and build a framework that can be maintained in real life.

YOUR INVESTMENT

£3,500

12 WEEKS · PRIVATE 1:1 WORK

DISCUSS THE PATTERN LAB™

THE PATTERN LAB™

CLIENT TAKEAWAY

The purpose of this programme is not to turn you into somebody different.

It is to help you understand the system underneath your patterns, recognise what is happening under pressure and develop the ability to respond differently.

UNDERSTAND THE SYSTEM

See how your energy, nervous system and behaviour interact.

CHANGE THE PATTERN

Recognise automatic responses and learn to interrupt them.

BUILD SOMETHING THAT LASTS

Transfer the work into real life, recognise drift and build a long-term framework for maintaining the new pattern.

UNDERSTAND THE SYSTEM.

CHANGE THE PATTERN.

BUILD SOMETHING THAT LASTS.