

# Offerings - Team Habits Builder (3 months)

Adoption and Momentum: "This is working. Let's expand and build consistency."



**The Team Habits Builder** is our flagship, **3-month** science-backed nervous system regulation training program designed to help teams build a repeatable skill: downshifting in real time so they can think clearly, communicate better, and recover faster during demanding weeks.

## **Outcomes**

Teams build repeatable regulation skills that improve clarity and recovery, strengthen meeting culture, uphold steady communication under pressure, and curate habit-forming team cadences that promote cohesion. There is added leadership support via leaders-specific experiences.

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## **Week 0 (Kickoff)**

- Team Regulation Baseline and Goals

## **3 months (Live Training)**

- 6 live sessions (one workshop/training twice a month)
  - Decision-Making Under Pressure
  - Prevent Burnout, Protect Capacity
  - Focus Protection & Context Switching (Deep work vs Distraction)
  - Respond vs React: Regulated Communication under Pressure
  - Meeting Overload & Micro-Recovery
  - Change & Uncertainty Regulation (Resilience in Transition)

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## **Adoption tools**

- 60-Second Reset toolkit (PDF, prompts)
- Meeting Opener Ritual mini-guide (5-7 min structure)
- Desk-to-Decision Protocol
- Leader cue cards (what to say / how to guide it)
- Leadership Starter Guide
- **2** enrollment seats for The Grounded Edge online course
- **4** Bespoke videos
- **1** Leadership Coaching/Training Session