

# Offerings - Resilience in Practice (6 months)

Standardization: "This is embedded in how we operate."



**Resilience in Practice** is our **6-month** regulation training partnership that embeds nervous system skills into how your teams meet, decide, and communicate. This program is built for sustained adoption where leaders and teams build rhythm, and progress stays visible through playbooks and monthly reporting.

## **Outcomes**

Regulation becomes operational through a consistent cadence that improves focus and recovery, leaders reinforce calmer norms, teams embed meeting and decision tools for clearer communication under pressure.

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## **Week 0 (Kickoff)**

- Team Regulation Baseline and Goals

## **6 months (Live Training)**

- 12 live sessions (one workshop/training twice a month)

Everything in the Teams Habit Builder added with the following:

- The Pause Principle: Regulation Before Reaction
- Real-time Stress Recovery for High-Pressure Moments
- Desk-Based Energy Management for Sustained Performance
- Attention Control for Focus, Clarity, and Communication
- Rituals and Reinforcement: Making Regulation a Team Habit
- Regulation + Psychological Safety: Communication That Builds Trust

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## **Adoption tools**

Everything in the Teams Habit Builder enhanced with:

- **4** enrollment seats for The Grounded Edge online course
- **8** Bespoke videos
- **2** Leadership Coaching/Training Sessions
- Custom Team Regulation Playbook
- Priority access for urgent team events