

Offerings - The Full Transformation (1 year)

Sustainability: "This is now part of our culture and our core values."



The Full Transformation is our **year-long** nervous system regulation partnership that turns awareness and practice into a core team capability, not a short-term wellness initiative. With leadership workshops and a full annual rhythm of topics and adoption tools, this program creates lasting culture change and internal ownership.

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. Culture shifts without being forced.

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Week 0 (Kickoff)

- Team Regulation Baseline and Goals

12 months (Live Training)

- Same 12 live sessions as Resilience in Practice (once a month)

Adoption tools

Everything in the Resilience in Practice enhanced with:

- **6** enrollment seats for The Grounded Edge online course
- **12** Bespoke videos
- **4** Leadership Coaching/Training Sessions
- Custom Team Regulation Playbook
- Priority access for urgent team events
- Annual Strategy Session
- Speaking engagement (ideally on-site)