

Offerings - Regulation Reset Starter (4 weeks)

Pilot and Proof: "So this is what it feels like to be well regulated."



The **Regulation Reset Starter** is our **4-week**, science-backed regulation training series that helps distributed teams downshift between tasks and meetings, reduce tension, and improve focus without needing extra time in the day.

Outcomes

Teams adopt foundational regulation tools and 60–120 second resets that reduce stress carryover, improve focus, and support calmer meetings and high-stakes moments backed by sponsor recaps and clear next steps.

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Week 0 (Kickoff)

- Team Regulation Baseline and Goals

Weeks 1-4 (Live Training)

- 4 live sessions (once a week)
 - Decision-Making Under Pressure
 - Prevent Burnout, Protect Capacity
 - Focus Protection & Context Switching (Deep work vs Distraction)
 - Respond vs React: Regulated Communication under Pressure

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Adoption tools (what makes it stick)

- 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
- **1** enrollment seat for The Grounded Edge online course
- **4** Bespoke follow-along videos