

Resilience Reset



A full day immersive experience for individuals and teams who want to adapt, recover and grow without burning out. With grounded tools, emotional awareness and sustainable energy.

Resilience isn't about pushing through. It's about understanding your internal landscape, your nervous system, your patterns, your emotional load, and learning how to respond rather than react. When people build real resilience, they show up with clarity, capacity and confidence, even under pressure.

WHAT WE COVER

- What resilience really is (beyond the buzzword)
- Nervous system responses + stress patterns
- Emotional load and how it impacts behaviour
- Patterns that block resilience
- Micro tools for everyday regulation
- Boundaries, energy and sustainable performance
- Integration & real world application

WHO ITS FOR

- Teams navigating pressure, uncertainty or emotional load
- Leaders wanting to support people through challenge without burnout
- Individuals wanting to feel more grounded and less overwhelmed
- Organisations wanting healthier cultures and stronger self leadership

OUTCOMES

- Better regulation and reduced overwhelm
- Stronger boundaries and sustainable energy
- Increased emotional awareness and self leadership
- Tools for responding rather than reacting
- Improved team resilience and communication
- Practical strategies for everyday wellbeing and recovery

DELIVERY + PRICING

Delivered:

- Virtual (split into two half-days)
- In-person (full day)

Pricing:

- Organisations (Virtual): £2000
- Organisations (In-person): £2400

Book Your Session

Email us at
info@trans4mativeminds.co.uk or scan
the QR code

