

# THE TEAM RESET

*"The session went very well with my team and they were certainly pleased. We're feeling the effects of your session and the impacts and benefits. Very engaging for sure!"*



Royal Canadian Mounted Police  
Gendarmerie royale du Canada

## IF YOU'RE EXPERIENCING...

- high stress and overwhelm
- communication breakdowns or interpersonal conflicts
- diminished trust, psychological safety, or engagement on your team

## AND YOU HAVE A DESIRE FOR...

- a desire for alignment on your team's vision and goals
- a desire for the team to connect

Program dates available:  
Oct 7–30, and Nov 5–26, 2025

Investment:  
\$ 7,500 CAD + 13% HST



We work with your whole system, because that's where the real change happens.

Our team experiences are rooted in **Conscious Non-Violent Leadership (CNVL)**:

- **What we do:** Facilitate conversations that feel human and healing.
- **How we do it:** Using breath, story, and pattern recognition to create safety for real dialogue.
- **Why it matters:** Because real transformation happens in community, not isolation.

**For example:** In our recent RCMP team session, we held space for a leadership team to explore their leadership during times of tension, overwhelm, and perfectionism, helping them see how safety is created or eroded in every moment.

We're not afraid to go into the tender territory, because that's where the breakthroughs happen.

**A conscious, human-centred team session that clears the air, quiets the nervous system, and reconnects people to each other, without bypassing what's been hard.**

When pressure is high, performance expectations don't slow down, and neither do tensions, fatigue, or misalignment.

Whether your team is navigating change, shifting leadership, experiencing overwhelm, or just needs space to breathe and re-engage with one another, this 2.5-hour workshop is designed to create real connection, **not performative "team building."**

We bring your people together to name what's usually left unsaid, so your team doesn't stay stuck in patterns that quietly erode trust and morale.

**What we offer is more than a reset. It's a return to clarity, care, and collective capacity.**

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## WHY THIS MATTERS

- **Risk of inaction:** Burnout, unspoken tension, and poor communication silently erode performance, retention, and well-being.
- **Return on presence:** When teams feel safe, seen, and heard, they collaborate better, recover faster, and stay engaged longer.
- **Leadership currency:** Emotional and relational safety are now core competencies—not soft skills. Ignoring them costs more than addressing them.
- **Neuroscience says:** Joy, play, and positive connection fuel the brain's capacity for focus, innovation, and resilience.

## WHAT YOUR TEAM WALKS AWAY WITH (Tangible Outcomes)

- Clearer communication and fewer misunderstandings
- Refreshed energy and emotional reset
- Strengthened trust—even through difficult conversations
- Practical tools to navigate tension and uncertainty
- A felt sense of being reconnected and ready again

## This session is ideal for teams that are:

- Managing big workloads or shifting mandates
- Feeling stuck, fatigued, or emotionally disconnected
- Longing to reconnect meaningfully without needing to “fix everything” in one sitting
- Ready to talk through unspoken tension in a supportive space

## **Teams deliver better when they're aligned, not just informed.**

In a high-pressure, always-on work culture, most teams don't need another “rah-rah” event. They need a pause that actually resets tension, renews connection, and restores focus. That's what our 2.5-hour Reset Sessions do—with evidence-based practices, real human moments, and no extra fluff.

If you're navigating change, disconnection, or leadership transitions—this experience supports your people to move forward together, not just work harder apart.

**For DGs leading with care—and the EAs who make it possible—this is the strategic pause that protects your people while fueling their performance.**

## WHAT'S INCLUDED

- 1-hr Planning Call with leadership
- Pre-session survey
- 2.5-hr Guided Session (virtual or in-person)
- Post-session insights + recommendations

## TIME COMMITMENT:

- We've blocked time-friendly windows across Canadian time zones:
  - Tues/Wed/Thurs,
    - Oct 7–30
    - Nov 5–26
      - between 9:30 AM–12:00 PM EST/
      - 12:00 PM - 2:30 PM EST
      - 1:00–3:30 PM EST to make it easy for your team to join from wherever they are.

If your team is spread across time zones, we can organize a custom time.