



RESET SERVICES & DESCRIPTIONS

RESILIENT & EMBODIED SYSTEMS EXPERIENTIAL TRAINING

GETTING STARTED

RESET: AN INTRODUCTORY SESSION

This one-hour interactive presentation gives an overview of the main components of RESET, including experiential practices and discussion of resilience & embodiment skills, stress and self-regulation, and systems thinking.

ASSESSMENT & DEVELOPMENT OF CO-CREATED PLAN

Senior members of OIC's Community Partnerships team will work with you to co-create a customized plan based on your organization's specific needs.

GROUP SESSIONS

GROUP EXPERIENTIAL LEARNING | 60-90 minutes | Unlimited participants

One or more co-facilitators guide groups through content and practices that are tailored to your organization's needs and themes. Topics include:

- 8 Dimensions of Wellness
- Anger
- Burnout
- Change
- Divisive Topics & Conflict
- Embodiment
- Emotions
- Engaging with Stress
- Holding Space for Contradictions
- Intentions & Goals
- Joy & Gratitude
- Mapping Your Nervous System
- Mindfulness
- Self-Compassion
- Systems Thinking & Parallel Process
- Trauma & Vicarious Trauma
- Vagus Nerve & Polyvagal Theory

SMALL GROUP COACHING | 60 minutes | Up to 15 participants

These groups provide an opportunity for team members to connect with each other, discuss shared experiences and/or relevant topics, and put the concepts and practices from Group Experiential Learnings into action.

LEADERSHIP SMALL GROUP COACHING | 60 minutes | Up to 15 participants

Leadership and management roles can be isolating and demanding. These groups foster an environment for leaders to connect, offer/receive support, and increase their resilience.



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1:1 SESSIONS

1:1 RESILIENCE ASSESSMENT | *60-90 minutes*

A coach guides a team member in identifying current sustainability practices, level of resilience, and ability to self-regulate. A follow-up email provides a summary of the session and additional resources for resilience and regulation.

1:1 COACHING | *30-60 minutes*

Available by request. Team members are matched with a coach based on their needs and unique circumstances. Coaching is not therapy and is intended to support individuals in identifying resources to help mitigate stress and burnout.

1:1 LEADERSHIP COACHING | *30-60 minutes*

Leadership and management roles can be isolating and demanding. External coaching provides support and mental health training to leaders so they are better equipped to make decisions, respond to and supervise team members, and move through stressful times without depleting themselves in the process.

WELLNESS SERVICES

MINDFULNESS GROUP *60 MINUTES*

These groups explore mindfulness concepts and provide opportunities for team members to learn and practice mindfulness skills that they can then use on their own. Facilitators guide team members in real-time through physical and/or contemplative practices that cultivate resilience and present-moment awareness.

YOGA, MASSAGE, BODYWORK, SOUND BATH

60 minute yoga class OR customized massage/bodywork time blocks

Our yoga teachers tailor each class to meet the needs of your group. Classes typically include movement, breath work, and relaxation. Our massage and bodywork providers offer therapeutic interventions to address both physical and emotional stress. Specialty bodywork offerings include deep tissue, hot stone, shiatsu, prenatal, and Reiki, as well as sound bath healing.



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CULTIVATING STRENGTHS

PRINCIPLES YOU | *Individual Session*

Complete a PrinciplesYou assessment and review your results with a certified facilitator. This session is designed to provide an overview of the assessment and to provide insight into your goals, vision, systems, RESET, and/or growth mindset. A great jumpstart in getting to know yourself better, and/or gain clarity around your life, career, and systems in which you function.

GROWTH MINDSET | *3-session package*

With this package, you will complete a PrinciplesYou assessment and review your results with a certified facilitator. The first session is designed to provide an overview of the assessment and your results, with the remaining two sessions to continue the conversation around goals, vision, teams, systems, RESET, and/or growth mindset. A perfect series to jumpstart a career change, get to know yourself better, and/or gain clarity around your life, career, and systems in which you function. **Must use the 3 sessions within 6 months of purchase*

GROWTH MINDSET + LEADERSHIP COACHING | *6-session package*

With this package, you will complete a PrinciplesYou assessment and review your results with a certified facilitator. The first session is designed to provide an overview of the assessment and your results, with the remaining 5 sessions to continue the conversation around goals, vision, teams, systems, RESET, and/or growth mindset. A perfect series to catalyze and nurture a career change, get to know yourself better, gather insight into how you work within systems, and/or gain clarity around your life. Some sessions may include embodiment techniques and/or wellness topics. **Must use the 6 sessions within 12 months of purchase.*

PRINCIPLES US TEAM WORKSHOP

PrinciplesUs is a personality assessment tool designed for teams that emphasizes accurate knowledge of self and others. Team members will discover their tendencies, talents, and opportunities for growth in three areas: their approach to thinking, how they engage with others, and how they apply themselves. The resulting data can then be used to compare team members' profiles, optimize differences for better results, and enhance team cohesion.

**Workshop duration will vary based on the size of team.*