



RESET

A WELLNESS SERVICE OF OIC

RESILIENT & EMBODIED SYSTEMS EXPERIENTIAL TRAINING



WHO WE ARE

RESET is a wellness service of Omaha Integrative Care, a collaborative health & wellness clinic offering mental health therapy, psychiatric medication management, primary medical care, yoga, massage, acupuncture, and more. Like our clinic, our team of RESET coaches are multidisciplinary and bring diverse expertise and perspectives to coaching and experiential learning sessions.

WHAT WE DO

Organizations are living, breathing systems that shape and are shaped by the individuals within them. Each of our RESET services are centered on systems thinking, experiential learning, mental health training, and relationship building. Using education and realtime practices, our coaches empower participants to engage with stress in a new way through embodiment and resilience.

SERVICES WE OFFER

Choose from our menu of services to create a RESET program that's tailored to your organization's needs.



EXPERIENTIAL GROUPS

Our group learning sessions emphasize practicing skills and interacting with each other. We draw from a wide range of research and approaches, including mindfulness and integrative healthcare practices.



COACHING

Our integrative trauma-informed coaching model helps individuals cultivate strategies to accomplish their own self-determined wellness goals. We also offer specialized coaching for those in leadership roles.



WELLNESS SERVICES

Our wellness team offers experiential training in mindfulness techniques, yoga classes tailored to your group's needs, and various forms of bodywork that help ease both physical and emotional stress.