RESET A WELLNESS SERVICE OF OIC

RESILIENCE • **E**MBODIMENT • **S**YSTEMS THINKING • **E**MOTIONAL REGULATION • **T**RANSFORMATION



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 people within them. RESET partners with organizations to cultivate resilience, strengthen connections, and support individual and collective wellbeing. Through coaching, facilitation, experiential learning, and nervous system-informed practices, we help people engage with stress in new ways, fostering greater awareness, adaptability, and sustainable growth.

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 experiential learning sessions invite participants to engage with concepts through reflection, discussion, and practice. Topics may include stress and resilience, nervous system awareness, leadership, wellbeing, communication, and relationship-building.

COACHING

Our coaches support individuals and leaders in developing greater self-awareness, resilience, and alignment with their values. Using a trauma-informed, whole-person approach, coaching creates space for reflection, growth, and meaningful change.

WELLNESS SERVICES

We offer mindfulness, movement, yoga, and restorative practices that support regulation, stress recovery, and overall wellbeing. Sessions are tailored to meet the unique needs of your team.

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For more information visit: **OMAHAIC.COM/RESET**