RESET SERVICES & DESCRIPTIONS

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

GETTING STARTED

RESET: AN INTRODUCTORY SESSION | *45-60 minutes* | *Unlimited participants*
Through interactive discussions and experiential practices, participants will deepen their understanding of stress, self-regulation, resilience, embodiment, and systems, and will learn valuable skills to support their overall wellbeing. This session can be a standalone service or the first part of a RESET program.

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 participants through interactive learning experiences that combine discussion, reflection, and practical tools to support individual and collective wellbeing. Topics include:

- 8 Dimensions of Wellness
- Burnout
- Change
- Embodiment
- Emotions
- Engaging with Stress
- Engaging with Conflict & Hard Conversations
- 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 roles can be isolating and demanding. These groups offer leaders environment to connect, offer/receive support, and increase their resilience.

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1:1 SESSIONS

1:1 RESILIENCY 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 | *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 | *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 OR SOUND BATH *60 MINUTES*
Our yoga teachers tailor each class to meet the needs of your group. Classes typically include movement, breath work, and relaxation. This session can be done on a mat or in a chair (please provide you own mats or chairs).
Sound bath experiences feature crystal singing bowls and other instruments, creating a unique journey that leaves you feeling refreshed and revitalized.
Disclaimer: *Sound bath experiences can be deeply relaxing, but may affect individuals differently. Some may feel emotional during or after the session.*

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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.*

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