

Regulate & Reset



The science of stress, and the practices that shift it

80 minutes

Up to 20 people

Outdoors, ideally in woodland



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Most wellbeing sessions are worth having. Fewer send people back to their desks with something they are still using 6 months later. Regulate & Reset takes a team outdoors for 80 minutes, explains how their nervous system actually works, and teaches practices they can use on any working day.

The 80 minutes

- **Earthing** the science, and a guided grounding practice
- **The nervous system** stress state, recovery state, and the difference at work
- **Functional breathing** finding your own pattern, and what a healthy breath pattern feels like
- **Guided Breathwork** practising techniques to relieve stress and anxiety
- **Sensory Forest Bathing** immersion using all the senses, with eye loupes to open up awe and wonder
- **Canopy gazing and Soft Fascination** why nature holds attention effortlessly, and helps our nervous system recover

What people leave with

- **A breathing practice** usable in 90 seconds before a difficult meeting or presentation.
- **An understanding of their own stress response** and why it is not a personal failing.
- **Tools for winding down** at the end of the day, and for getting back to sleep.
- **Sharper focus** during the working day.
- **A shared language for pressure** that a team keeps using long after the session.
- **Time together away from screens** doing something genuinely different.

Where and how

- No fitness or kit required.
- Any woodland or green space, including your own grounds.
- Back to back sessions for larger groups.
- Suited to away days, offsites and wellbeing weeks.

“Your session changed my life.”

Camp Wildfire

Your facilitator, Justine Clement

Justine is a Breathguru certified Conscious Connected Breathwork coach, an INFOM certified Forest Bathing guide, a Mental Health First Aider and a Street Wisdom host. Her work has been covered by the Financial Times, Condé Nast Traveller and the Telegraph.

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