

FULL RESET

A 16-SESSION NERVOUS SYSTEM & PERSONAL LEADERSHIP PROGRAM

Founding Cohort | Begins March 31 | Limited to 8

Reclaim your clarity.

Rebuild your confidence.

Restore your well-being.



NORM FISHER COACHING LTD.

YOU'RE WORTH TAKING CARE OF

What Got You Here Isn't What Will Move You Forward

You've built a life you're proud of—yet something feels off.

Your mind won't quiet.

Your emotions stay tightly managed.

Your body feels tense more often than not.

Your days are full... but your life feels tight.

You're functioning, even excelling.

But you're not fully alive.

Full Reset is a guided 16-session journey that brings you back to inner steadiness—so you can lead your work, your relationships, and your life from presence instead of pressure.

THIS ISN'T MINDSET WORK.

This Is Nervous System Work.

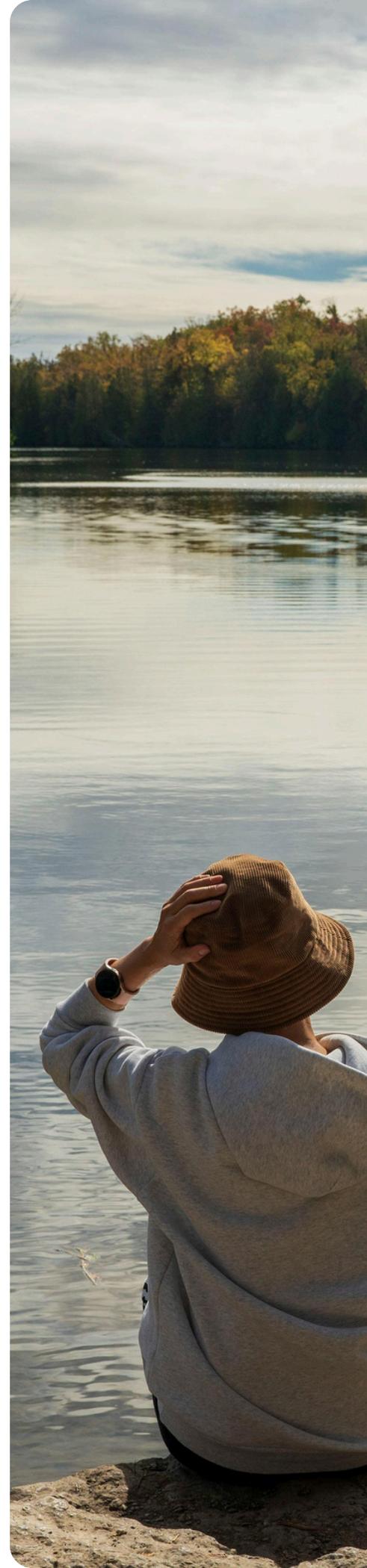
High achievers don't get stuck because they think the wrong thoughts. They get stuck because:

- their nervous system has been in overdrive too long
- their body no longer feels safe enough to relax
- emotional patterns keep looping under the surface
- rest feels uncomfortable rather than restorative

Real change isn't about trying harder.

It's about creating internal safety—the foundation of calm, clarity, confidence, and presence.

That is the core of Full Reset.



FULL RESET IS FOR HIGH-ACHIEVING PROFESSIONALS WHO:

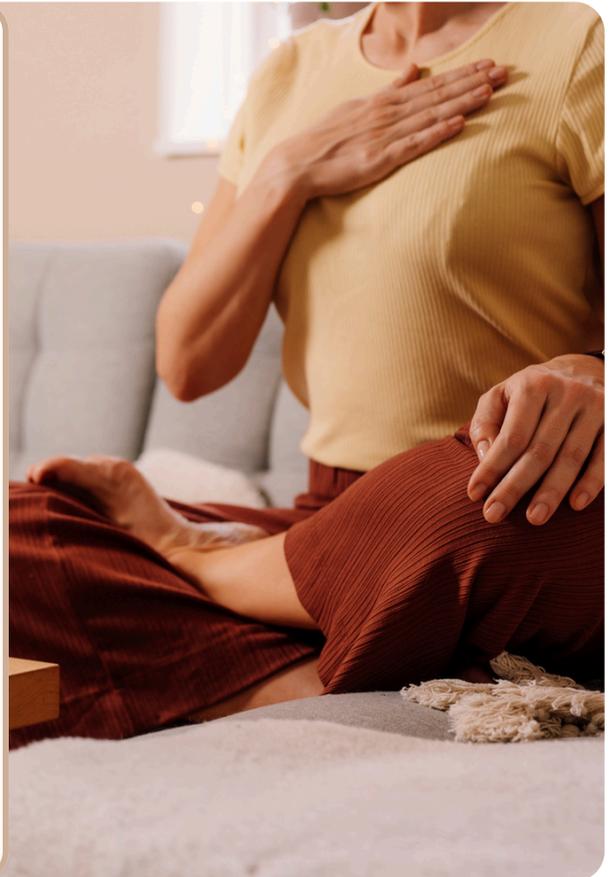
- carry responsibility for others
- perform well externally, while feeling disconnected internally
- feel drained by pressure, expectations, and emotional labour
- can't access a restorative state because their mind keeps working
- live with a subtle "tightness" in their system
- use competence to mask overwhelm
- crave clarity, calm, and a healthy foundation again

If you're excellent at your work but exhausted in your body, this program was built for you.

FULL RESET IS NOT FOR PEOPLE WHO:

- want quick fixes
- resist emotional work
- expect transformation without responsibility
- only want talk-based support
- are not ready to slow down and examine their patterns
- are in crisis requiring critical care

This work is powerful and designed for those ready to do it.



THE FOUR PILLARS

Each pillar is a multi-week arc that guides your transformation.

PILLAR 1 — RETURN

Down-Regulation & Safety (Weeks 1-3)

Before anything can shift, your body must feel safe. You'll learn to:

- downshift from stress into safety
- interrupt overthinking
- experience moments of true calm
- rebuild self-trust from within
- create a foundation for lasting change

Outcomes: a return to presence in the body, clarity, steadiness, grounded presence.

PILLAR 2 — RELEASE

Letting Go of Old Patterns (Weeks 4-8)

When the body feels safe, it can finally let go. You'll learn to:

- release long-held emotional pressure
- let go of guilt and shame
- stop living for the approval of others
- dissolve the internal tightness and tension that became your "normal"

Outcomes: emotional freedom, forgiveness, lightness.

PILLAR 3 — REWIRE

Inner Leadership & Self-Trust (Weeks 9-12)

Here the deeper transformation begins. You'll learn to:

- trust yourself again
- transform fear into momentum
- access calm confidence without forcing
- step into authentic personal leadership

Outcomes: resilience, courage, intuitive clarity.

PILLAR 4 — FULL RESET

Integration & Embodied Leadership (Weeks 13-16)

This is where everything comes together. You'll learn to:

- stay balanced during real-world stress
- lead from grounded authority
- maintain emotional and energetic boundaries
- live your new patterns with ease

Outcomes: sustainable regulation, lasting change.

WHAT YOU RECEIVE INSIDE FULL RESET

- **16 Weekly Psychoeducational Video Trainings and 16 Live Group Zoom Sessions**
Somatic coaching, breathwork, emotional release, and integration.
- **Guided Breathwork Journeys**
Created especially for this container and curated to match each pillar of your transformation.
- **Weekly Integration Tools**
Grounding practices, nervous system exercises, reflection prompts.
- **Personal Support & Accountability**
Guidance from someone who has lived these patterns and walked out the other side including four one-on-one sessions with Norm (one at the conclusion of each pillar).
- **A Structured, Evidence Informed Process**
Rooted in nervous system science, somatic work, and trauma-informed principles.



FOUNDING COHORT INVESTMENT

Option 1: One-time payment – \$2750

Option 2: Three monthly payments – \$1000

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IF THIS FEELS ALIGNED

Apply and Schedule a Conversation

You're worth taking care of.

Let's help you feel steady, clear, and fully alive again.



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SOMATIC COACHING | BREATHWORK | NERVOUS SYSTEM RESET