

# FULL RESET

## A 16-SESSION NERVOUS SYSTEM & PERSONAL LEADERSHIP PROGRAM

*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 16-session nervous system and personal leadership journey designed to bring 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.

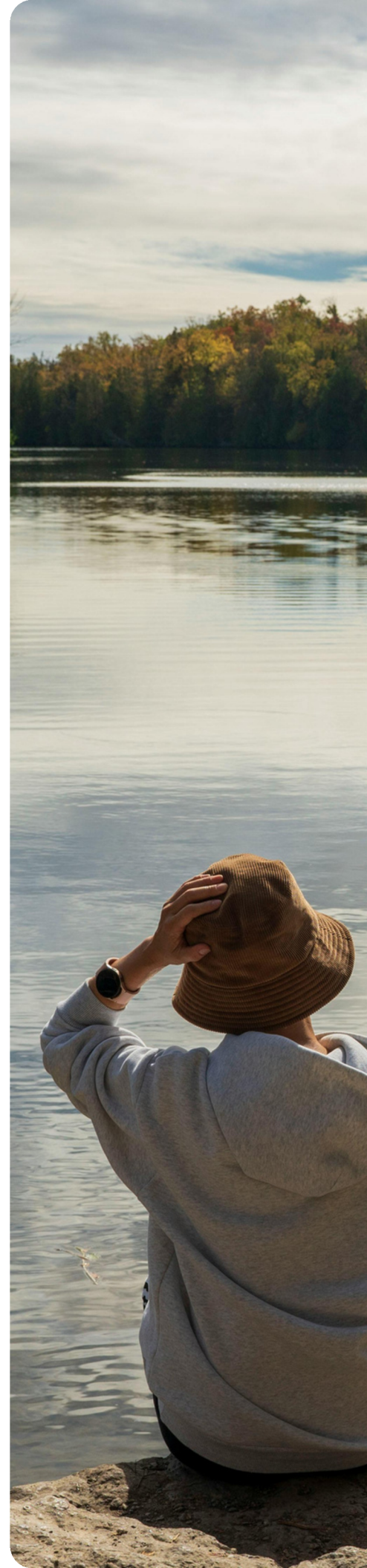
High achievers don't get stuck because they think the wrong thoughts. They get stuck because:

- 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 Nervous System and Personal Leadership Trainings**

*A structured psycho-educational journey designed to help you build regulation, awareness, emotional resilience, and grounded leadership.*

## **Guided Breathwork Journeys**

*Created to support each stage of the Full Reset process and matched to the progression of the four pillars.*

## **Integration Tools & Nervous System Practices**

*Grounding exercises, reflection prompts, and somatic practices to support lasting change.*

## **Support Options Depending on Your Chosen Format**

*Depending on your chosen pathway, Full Reset may include:*

- *live group sessions*
- *private coaching support*
- *guided accountability*

## **A Structured, Evidence Informed Process**

*Rooted in nervous system science, somatic work, and trauma-informed principles.*



# FULL RESET IS AVAILABLE IN THREE FORMATS

## **Self-directed**

Flexible, self-paced access to the Full Reset journey.

## **Guided Group Cohort**

A live guided experience with community and coaching support.

## **Private 1:1**

A personalized Full Reset experience with customized pacing and close guidance.

**IF THIS WORK RESONATES WITH YOU, LET'S EXPLORE WHICH  
PATHWAY MAY FEEL LIKE THE BEST FIT.**



[Explore Full Reset](#)

***You're worth taking care of.***

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



NORM FISHER COACHING LTD.

SOMATIC COACHING | BREATHWORK | NERVOUS SYSTEM RESET

# Full Reset — Program Journey Map

## A 16-Session Nervous System and Personal Leadership Program for High-Achieving Professionals

Full Reset is a structured six-month journey designed to help participants stabilize their nervous system, release long-held patterns, expand emotional capacity, and integrate sustainable self-leadership into daily life.

The program unfolds in **four progressive pillars**, each building on the one before it.

Safety comes first.

Capacity grows gradually.

Integration ensures lasting change.

---

## Pillar One — The Return

### Sessions 1–3 | Down Regulation & Safety

Participants learn how the nervous system works and how to support regulation gently.

#### **Session 1** — Arriving in the Body

Understanding the nervous system and reconnecting with the body.

#### **Session 2** — Creating Safety in the Body

Recognizing internal states and signals of safety vs stress.

#### **Session 3** — Learning to Regulate Gently

Developing simple, supportive ways to help the nervous system settle.

#### **Outcome**

Participants feel grounded, understand their internal states, and begin rebuilding trust in their body.

---

# Pillar Two — The Release

## Sessions 4–8 | Understanding Patterns & Letting Go

Participants explore the subconscious patterns and protective strategies that shape their behavior and emotional responses.

**Session 4** — The Subconscious Mind & Pattern Formation  
Understanding how automatic responses develop.

**Session 5** — Protective Patterns & Adaptations  
Recognizing survival strategies with compassion.

**Session 6** — Stress, Emotion & Stored Load  
Allowing the body to release accumulated stress safely.

**Session 7** — Letting Go of Guilt, Shame & Expectation  
Reducing internal pressure and self-monitoring.

**Session 8** — Interrupting Old Loops  
Learning how small moments of awareness interrupt automatic reactions.

### Outcome

Participants experience emotional lightening, reduced self-criticism, and increased freedom from habitual patterns.

---

# Pillar Three — The Rewire

## Sessions 9–12 | Capacity & Self-Leadership

Participants strengthen their ability to remain present under stress and begin leading themselves from regulation rather than urgency.

**Session 9** — Staying Regulated Through Intensity  
Expanding capacity without overwhelm.

**Session 10** — Working with Emotion in the Body  
Relating to emotion through sensation rather than story.

**Session 11** — Identity, Choice & Self-Trust  
Recognizing the regulated self and making aligned decisions.

**Session 12** — Meaning, Integration & Direction  
Consolidating the work and recognizing real progress.

### **Outcome**

Participants feel stronger, more resilient, and more confident in their ability to stay present under pressure.

---

## **Pillar Four — Full Reset**

### **Sessions 13–16 | Integration & Real-World Application**

Participants integrate the work into daily life, relationships, and decision-making.

#### **Session 13 — Re-Entry & Integration Audit**

Recognizing what has genuinely shifted.

#### **Session 14 — Relationships & Boundaries**

Applying regulation in relational dynamics.

#### **Session 15 — Identity & Self-Leadership in Real Life**

Leading life from steadiness rather than pressure.

#### **Session 16 — Completion, Aftercare & Continuation**

Creating a sustainable path forward beyond the program.

### **Outcome**

Participants leave feeling steady, self-directed, and equipped to continue the work independently.

---

## **The Full Reset Journey**

Safety → Awareness → Release → Capacity → Integration

Over six months, participants move from **nervous system survival** to **regulated personal leadership**.

Not through force or intensity.

But through awareness, pacing, and consistent nervous system support.