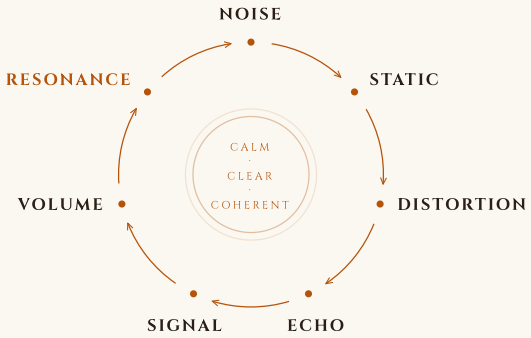
WORKSHOP EXPERIENCES

THE RESONANCE CYCLE™

An Experience in Seeing Differently.

What do you do when you don't know what to *do?*

THE FRAMEWORK

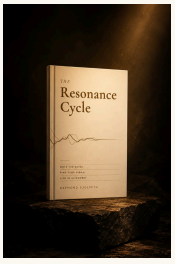


NOISE	*The world telling you who to be*
STATIC	*When you can't hear yourself anymore*
DISTORTION	*The beliefs that reshape who you think you are*
ECHO	*The patterns your life keeps repeating*
SIGNAL	*The moment you hear your truth clearly*
VOLUME	*Living your truth out loud*
RESONANCE	*When your life finally feels like you*

THE EXPERIENCE

One real situation. Seven lenses. *One meaningful next move.*

Often the next move isn't missing. It's hidden, because we keep looking through the same familiar lens. Each participant brings something real they are navigating and explores it through the seven stages, with guided reflection, facilitated conversation, and practical exercises. Not motivational speaking. Not conventional corporate training.



THE BOOK BEHIND IT

Based on *The Resonance Cycle* by Raymond Sjolseth, an entrepreneur with more than thirty years of building, selling, failing, and starting over. That journey became the framework. The book establishes the thinking. The workshop brings it to life.

Explore the book ↗

WHAT PARTICIPANTS TAKE WITH THEM

Recognize recurring patterns influencing decisions.	Gain a different perspective on a real challenge or transition.	Reconnect with what matters beyond roles and expectations.	Identify one meaningful next move.

Intended takeaways. Every participant's experience is their own.

SIX AUDIENCES. ONE FRAMEWORK.

One framework. Multiple applications. *Three formats.*

INSURANCE & FINANCIAL SERVICES

Performance pressure, resilience, identity beyond results, leadership, and navigating constant change.

HEALTHCARE & WELLNESS

Purpose, professional identity, connection, and navigating demanding environments.

CORPORATE LEADERSHIP & RETREATS

Breaking recurring patterns, navigating transitions, strengthening connection, and reconnecting with what matters.

REAL ESTATE & MORTGAGE

Uncertainty, reinvention, resilience, and finding clarity in changing markets.

ENTREPRENEURS & FOUNDERS

Identity beyond business outcomes, failure, rebuilding, and creating the next chapter.

ASSOCIATIONS & COMMUNITIES

Shared learning, personal growth, connection, and practical reflection.

Examples of applications, not separate programs.

THREE WAYS TO EXPERIENCE IT

Virtual Workshop

Live, interactive experiences for remote teams, distributed organizations, and professional communities.

Typically 60 to 90 minutes

In-Person Workshop

Immersive, facilitated experiences for leadership teams, retreats, conferences, and organizational gatherings.

Half-day, full-day, or customized

Keynote + Workshop

A personal story and framework for a larger audience, with optional exercises, breakouts, and facilitated reflection.

For conferences and large gatherings

Every format can be customized to your audience, setting, and goals.



MEET RAYMOND

RAYMOND SJOLSETH

Author of The Startup Agent and The Resonance Cycle

After decades of building companies, extraordinary successes, spectacular failures, and starting over, Raymond discovered the most important thing he was building wasn't another business. It was a deeper understanding of himself.

30+	45+	450+	3 · 2
years building	*companies built*	*products to market*	*sold · taken public*

INQUIRE

Bring The Resonance Cycle to Your *Organization*

Every audience is different. Let's create an experience that meets yours where they are.

INQUIRE ABOUT AN EXPERIENCE

theresonancex.com/workshop