# THE 4S™ WORKPLACE RESET

Executive summary

FEELS LIGHT. RUNS DEEP.



## The Experience (45 minutes, in person/online)

*A practical workplace reset that gives people simple tools for the moments when they feel stressed, scattered, spiralling or stuck.*

Through accessible breathing, grounding and chair-based movement, participants experience different ways to release tension, gather attention, interrupt overthinking and restore energy. No yoga experience, equipment or change of clothes required.

## Business value

### WHAT PEOPLE EXPERIENCE

- Four memorable states they can recognise in themselves
- Simple breath, movement and grounding tools
- An immediate opportunity to pause and notice what changes
- One personal reset they can realistically use during the working day

### WHY IT MATTERS TO THE BUSINESS

- Gives employees practical tools for managing everyday pressure
- Supports focus, energy and self-regulation during demanding working days
- Makes workplace wellbeing practical rather than theoretical
- Highly accessible across roles, fitness levels and previous experience

## The practical case

- **Format:** 45 minutes | Online or in person | Seated and standing options | No equipment required
- **Best suited to**: town halls, conferences, team meetings, employee engagement programmes and wellbeing initiatives, and organizations looking for an accessible introduction to practical self-regulation.
- **Return on investment**: participants leave with a memorable four-state framework and at least one reset tool they can use immediately at their desk, before a meeting or during a demanding day.

**An experience employees enjoy in the moment - and continue to think about afterwards.**