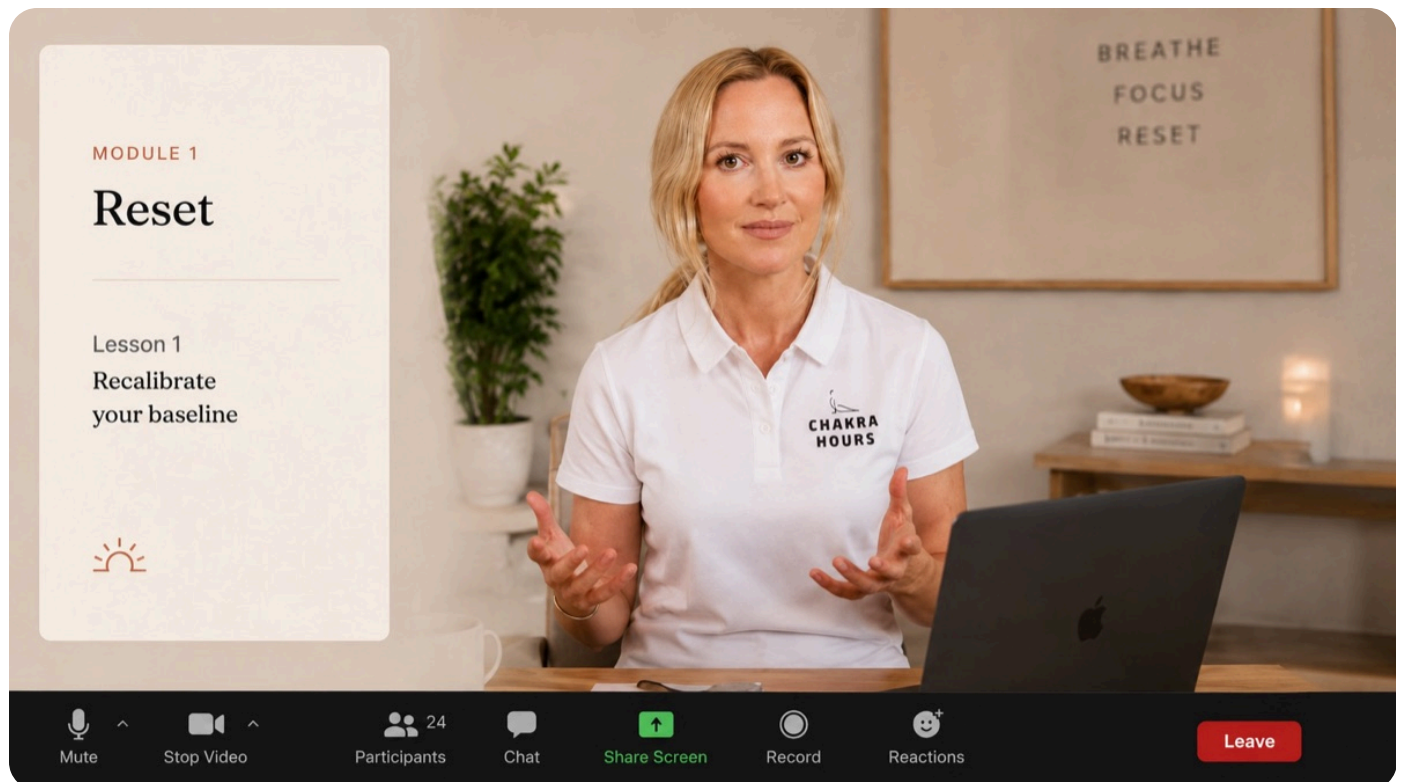


YOU ARE INVITED TO A LIVE SESSION

What to expect, in *plain English*.

A live, 30-minute guided wellbeing session led by a real person, online over Zoom or Microsoft Teams, or onsite at work. You do not need to prepare anything, and you are welcome exactly as you are.



WHAT YOU NEED

- **No experience.** No yoga, breathwork, or meditation background required.
- **No fitness or flexibility.** Much of it is breathing and stillness; you can take part from your chair.
- **No app or login.** Join from the same calendar link you use for any meeting.
- **Nothing to bring or wear.** Come as you are.

WHAT A SESSION FEELS LIKE

ALWAYS YOUR CHOICE

- Your camera can stay off the whole time.
- Follow along as much or as little as you like.
- Close your eyes, look away, or just listen.

There is no right way to do it, and nothing you can get wrong.

- **A calm open.** The facilitator welcomes everyone and helps you settle with a few easy breaths. No introductions, no icebreakers.
- **A guided practice.** The heart of the session, led out loud, step by step: breathing, gentle chair-based movement, a sound reset, or a short guided meditation. You always know what comes next, because someone is guiding you.
- **A short close.** A quiet moment to land, a simple takeaway, and you are done, on time.

Every session moves through four steps, Reset, Restore, Resource, and Renew. That is The Workday Reset Method™, and the facilitator carries you through it. You do not need to memorize a thing.

HOW TO JOIN

- ✓ Look for the calendar invite for the session.
- ✓ At the start time, click the link inside it. That is it. Onsite? Just come to the room on the invite.
- ✓ Go at your own pace, rest whenever you want, and know that even sitting and breathing for 30 minutes counts.