

## EVERYDAY RESeT®

PROACTIVE HEALTHCARE FOR HIGH-PERFORMING TEAMS

Modern work demands constant output. But the human body isn't designed for relentless cognitive load, prolonged sitting, and nervous-system activation without recovery. Everyday RESeT® is a keynote-style session that teaches people how to recover while they work (not only once they burn out).

This is not necessarily about slowing down, it's about working with human biology rather than against it.

### ABOUT THE TALK

This session explores how stress, posture, movement and breathing shape the nervous system - and how small, intentional resets can radically improve clarity, energy and resilience.

Drawing on movement science, neuroscience and real-world application, Sophie introduces simple frameworks that help people recover in real time, without stepping away from work or performance.

The focus is not on doing more - but on doing things differently.

### WHAT PARTICIPANTS LEARN

- How the nervous system responds to modern working patterns
  - Why focus, mood and energy decline without recovery
  - The role of posture, breath and movement in regulation
  - Simple micro-resets that can be used throughout the day
- How to build sustainable habits that support long-term health and performance

Participants leave with tools they can use immediately - at their desk, between meetings, or during high-pressure days.

### FORMAT

- 20-30 minute keynote
- Option to extend with movement integration and Q&A
- Ideal for conferences, leadership events and wellbeing programmes
- Delivered in a calm, engaging and accessible way

### WHO IT'S FOR

- High-performing individuals and teams
- Desk-based and knowledge-driven workplaces
- Organisations focused on sustainable performance
- Anyone wanting to work, think and live with greater resilience

Recovery isn't something we do after burnout.  
It's a skill we build into everyday life.

Delivered by Sophie Plato  
Health Speaker & Movement Educator  
Proactive Healthcare for the Real World