

# THE SCIENCE OF SELF-TRUST

## How New Inputs Rewire Fear, Fatigue, and Overthinking

*Because when your brain and body work together, confidence becomes clarity.*

### WHY THIS WORKSHOP MATTERS NOW

Why do **brilliant women** still wake up exhausted—bracing for the next demand—even after they’ve “**done the work**”

It isn’t a mindset problem. It’s an **input problem**.

Most women try to think their way out of stress, burnout, or self-doubt. But when the nervous system stays in chronic survival mode, the brain keeps interpreting life through threat—no matter how much they know.

In this experiential workshop, **Andrea Arlington** reveals how to retrain the body’s internal operating system so that **clearer signals** reach the brain— **turning confusion into confidence** and **hesitation into momentum**.

Based on Andrea’s signature model: “*New Input → New Output.*” participants discover how simple, science-based tools can **shift the physiology** that drives focus, balance, and intuition.

When the noise in your system quiets, *self-trust becomes your natural state*.

### WHY BRILLIANT WOMEN STILL FEEL STUCK

Even high-capacity women find themselves **running on empty** — **overanalyzing every choice**, **doubting their own intuition**, and mistaking **tension for control**.

That’s not weakness or lack of discipline; it’s a *body wired for protection*.

Fear, fatigue, anxiety, and indecision are not personality flaws—they’re protective outputs of a nervous system that’s learned to stay on alert.

**Until the inputs change, the outputs repeat.**

### WHAT CHANGES WHEN THE INPUT CHANGES?

When women learn to work *with* their nervous system — small shifts in **breath**, **vision**, and **sensory awareness** — teach the brain to interpret life through **steadiness** instead of stress.

That reinterpretation creates new outputs: **calm focus**, **steady confidence**, and a **grounded sense of ease**.”

#### Participants leave with:

- A clear map of the **Input → Interpretation → Output** loop
- **3 simple NeuroSomatic™ tools** to reduce threat in real time
- **A 7-day micro-practice** to sustain **steady focus, presence, and energy**
- **Renewed trust in their intuition** — *backed by science*

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#### ABOUT THE FACILITATOR

**Andrea Arlington, ICF PCC, LegitScript Certified Coach, NeuroSomatic Strategist • Former Media Personality**

Andrea helps women and leaders **regulate under pressure** and **rebuild self-trust** from the inside out using NeuroSomatic™ tools that blend neuroscience and emotional regulation.

A certified professional coach and NeuroSomatic™ strategist, she integrates neuroscience, emotional regulation, and leadership development to guide clients from *survival to sovereignty* — teaching that when the nervous system *trusts you, your potential expands*.

*When the noise in your system quiets, self-trust becomes your natural state.”*

#### PROGRAM FORMATS

**Available onsite or virtual** — designed for staff development and community wellness programs

- 60-Minute Intro Workshop
- 90-Minute Immersive Training
- 4-Week Brain-Body Vitality & Balance Series

#### As seen on:



### BOOK THIS WORKSHOP OR SERIES

BRING *THE SCIENCE OF SELF-TRUST* TO YOUR ORGANIZATION OR COMMUNITY.

*Because better balance begins in the brain.*

Book or learn more: ✉ andrea@andrearlington.com | ☎ 818.532.8636 | 🌐 www.andrearlington.com

