Lead from Presence — Perform with Steadiness

The NeuroSomatic™ Reset Experience for Sustainable Focus and Real-Time Resilience

Because when leaders feel steady and supported, performance becomes natural — not forced.

WHY THIS EXPERIENCE

Even the most capable leaders and teams can find themselves **running on empty—stuck in survival** mode despite their best intentions.

You've learned the tools and strategies, but when stress hits, your body still reacts.

That isn't a flaw in personality or willpower — it's a **breakdown in brain integration.**

When the brain and body lose communication, emotional regulation falters, and people become reactive instead of resilient.

The NeuroSomatic™ Reset Experience **restores that integration**—helping leaders **regulate in real time** so focus, communication, and collaboration rise naturally.

When the nervous system steadies, everything improves: *clarity sharpens, composure returns, and innovation flows.*

WHAT IT IS

A science backed keynote that blends:

- **Quick Assessments –** Simple repeatable techniques to regulate in under 2 minutes
- **Brain-Body Resets –** Fast evidence based tools to move from reactive to responsive. Simple, science-backed tools to shift from frazzled to focused in minutes.
- **High-Payoff Practices –** Each participant leaves with a personal Reset Map they can use anytime.

No jargon. No equipment. Just grounded, science-based tools employees can use anytime, anywhere.

WHY IT WORKS

- **Evidence-Based –**Grounded in neuroscience and somatic intelligence.
- **Experiential –** Participants feel the results in minutes
- **Practical –** Seamlessly integrates into any workday.
- **Scalable –** Effective for small teams or audiences of 1,500+.

OUTCOMES FOR YOUR ORGANIZATION

- **Faster Recovery:** Employees reset stress and regain focus in minutes.
- **Clearer Thinking:** Composure under pressure leads to better decisions.
- **Stronger Teams:** Collaboration and communication improve naturally.
- **Sustained Performance:** Energy lasts longer; mistakes drop.
- **Memorable Experiences:** Participants leave feeling equipped, not overwhelmed.
- **Lasting ROI:** Simple tools create lasting impact and cultural change.

ABOUT THE FACILITATOR

Andrea Arlington is a NeuroSomatic™ strategist, ICF Professional Certified Coach (PCC), and LegitScript-certified practitioner specializing in the integration of neuroscience, emotional regulation, and leadership development.

She helps professionals and organizations move beyond intellectual insight into true physiological change—guiding them out of stress-driven patterns and into steadiness, resilience, and sustainable performance.

Since 2014, Andrea has worked with entrepreneurs, executives, and creatives to reconnect the brain and body—transforming reactivity into regulation and leadership into presence.

Known for her science-backed, practical, and unforgettable delivery, she blends cutting-edge neuroscience with grounded tools participants can use immediately to stay steady, clear, and effective in high-stakes environments.

"Presence is how you stay with yourself when everything else speeds up. Steadiness isn't withdrawal—it's leading from within. Power you can trust."

Elevate your team's clarity, focus, and performance with the NeuroSomatic™ Reset—Andrea Arlington's science-backed keynote for today's high-pressure workplace.

LIVE FORMAT OPTIONS

Onsite or virtual delivery for your team:

- **20-Minute Reset → Quick energizer**
- **30-Minute Reset → Science + practice**
- **60-Minute Reset → Deep dive + Q&A**

All participants receive a link to download The NeuroSomatic™ Reset: 5 Micro Tools to Rewire Stress and Regain Clarity Fast

As seen on:

FOX NBC abc MedCircle NETFLIX TUDUM

Elevate your organization's clarity, focus, and performance with **Andrea Arlington's NeuroSomatic™ Reset.**

Andrea Arlington

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