

# YOUR NERVOUS SYSTEM IS YOUR TRUE CEO: THE NEUROSCIENCE OF STEADY, SUSTAINABLE LEADERSHIP

*When leaders feel steady and supported, performance becomes sustainable — not stressful.*

## WHY THIS EXPERIENCE

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

That's not a lack of willpower — it's a **breakdown in brain-body communication**.

When that link weakens, emotional regulation falters, clarity fades, and leadership becomes reactive instead of responsive.

**The NeuroSomatic™ Reset Experience restores this integration**—helping leaders:

- **Regulate in real time** (not after the crash,
- **Reclaim clarity and composure** under pressure
- **Lead with steadiness and strategic calm**—no matter what's happening externally.

When the nervous system steadies, everything improves: clarity sharpens, communication flows, and innovation follows.

## WHAT IT IS

A science-backed experiential workshop combining applied neuroscience, somatic intelligence, and performance psychology to build sustainable focus and composure.

Each session includes 3 core components:

- **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 teams can use anywhere, anytime, .*

## WHY IT WORKS

When the brain and body reconnect, stress recovery becomes faster, decisions sharper, and collaboration smoother.

- **Evidence-Based:** Drawn from neuroscience and NeuroSomatic™ principles
- **Experiential:** Results are felt within minutes, not hours
- **Practical:** Seamlessly integrates into any workday
- **Scalable:** Effective for individuals, teams, and audiences of 1,500+

## OUTCOMES FOR YOUR ORGANIZATION

- **Faster Recovery:** Reset stress and regain focus in minutes.
- **Clearer Thinking:** Better composure under pressure
- **Stronger Teams:** Communication and collaboration improve naturally.
- **Sustained Performance:** Energy lasts longer; mistakes drop.
- **Memorable Experiences:** Leaders leave feeling clear and equipped.
- **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:



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



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