

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 TALK MATTERS NOW

It takes far less effort to change the *input* than to fight your *interpretation* of it.

Most women have spent years trying to “think their way out” of fear, burnout, or overthinking — when the true leverage point lies in the **physiological, not psychological**.

In this keynote, **Andrea Arlington** reveals the neuroscience of intuition and shows how women can retrain their nervous system to receive **clearer signals** from their body — **turning confusion into confidence** and **hesitation into momentum**.

Based on Andrea’s signature model: “*New Input → New Output.*”

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 — bracing for the next demand, overanalyzing every choice, and doubting their own intuition.

This isn’t weakness or lack of discipline; it’s what happens when the nervous system stays in chronic survival mode.

Fear, fatigue, insomnia, anxiety, and indecision aren’t personality flaws — they’re **protective outputs** of a 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 — through simple shifts in **vision, breath, vestibular balance**, and **sensory awareness** — the brain naturally begins to reinterpret the world around them.

That reinterpretation creates new outputs: **calm focus, better decisions, emotional steadiness, and a felt sense of confidence**

Participants leave with:

Clear understanding of the Input → Interpretation → Output loop

3 simple NeuroSomatic™ tools to reduce threat in real time

A 7-day micro-practice to sustain regulation, 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.

A certified professional coach and NeuroSomatic™ strategist, she integrates neuroscience, emotional regulation, and leadership development to help clients move 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 training + member implementation

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

As seen on:



BOOK THIS KEYNOTE OR WORKSHOP

BRING *THE SCIENCE OF SELF-TRUST* TO YOUR ORGANIZATION OR CONFERENCE.
AVAILABLE AS A 60-MINUTE KEYNOTE OR 90-MINUTE EXPERIENTIAL WORKSHOP.
Because better balance begins in the brain.

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

