

The Body-Led Reset

A body-based reset for corporate audiences.



THE PROBLEM YOUR AFTERNOON HAS

By 2:30pm, your delegates are cognitively full. They've been sitting, listening, processing and performing since morning. Their nervous systems are running on reserves. The content in the next session is good — but they're not in a state to receive it.

This isn't a motivation problem. It's a physiology problem.

The Body-Led Reset is built for that moment.

THE METHOD

A three-phase sequence that works with the physiology of the nervous system:

PAUSE

We interrupt the cognitive spiral. Delegates stop performing attention and start actually paying it. The mental noise quietsens.

ANCHOR

Attention moves from head to body. Simple, specific physical anchors return the body to presence. The nervous system shifts register.

INTEGRATE

The reset is consolidated. Participants leave with a personal anchor they can take away and use independently.

"The team got so much from our time with you Pippa. You have such a wonderful style and presence, really connected with the room, met us where we were and truly re-centred and re-energised us. We all took away practical applications we can use every day."

Jennifer Cobley, Executive Manager, IAG

WHAT IT'S NOT

Not yoga. Not a wellness talk. No slide deck, no theory, no sharing circle. It's a lived experience — purposeful, practical and immediately felt. No vulnerability required. Just a room of people who leave in a noticeably different state.

WHY IT WORKS

The method draws on the science of how the nervous system shifts between states of safety, activation and shutdown — somatic psychology and applied yoga-therapy practice. When the body feels safe, the brain opens back up. The Body-Led Reset creates the physiological conditions for attention, retention and genuine presence.

AT A GLANCE

Duration	20–35 minutes
Audience	10–500+ delegates
Setup	Seated or standing
AV	Minimal
Delivery	In-person or virtual

Re-energised. Refocused.

SESSION FORMATS

RESET

20–35 min

The full three-phase sequence. Slots into your agenda between key sessions — no setup, no props, immediate effect.

TEAM WORKSHOP

60–90 min

Includes the reset plus deeper integration work. Participants build a personal anchor toolkit to apply independently.

Works equally well virtually. Breath, attention and physical anchors translate through the screen.

WHAT CHANGES

- Improved delegate attention before key content
- Better audience participation in sessions that follow
- Greater retention of conference messaging
- Stronger post-lunch energy and presence

"This pause after lunch allowed us to reset our minds and regain clarity, energy and mindfulness. Pippa's calm, unhurried voice guides you through a relaxing pause that reconnects you to your body."

Adeline Mansotte, National Education Partnerships Manager, OzHarvest

ABOUT PIPPA JACKSON

15 years in luxury MICE and corporate events, followed by 10 years in yoga therapy, somatic practice and nervous system regulation. The Body-Led Reset is where those two worlds meet.

Steady, warm and credible. Arrives briefed, leaves on time.

Book a 20-Minute Call

Book via: pippajackson.com.au