

# THE CULTURE RESET™

## A 90-DAY NEUROSCIENCE-BASED BURNOUT + WELLNESS TRANSFORMATION

For small and Mid-Sized Companies ready for healthier, high-performing teams designed by a corporate wellness strategist with neuroscience training and real-world HR experience.

Burnout is costing companies more than ever—lost focus, rising turnover, quiet quitting, and overwhelmed teams. The Culture Reset™ is a science-backed, human-centered program designed to help organizations **restore clarity, strengthen communication, and improve team well-being without sacrificing performance.**

Through neuroscience, emotional intelligence, and practical wellness systems, your team learns how to **work better, feel better, and sustain healthier results.**

### HOW IT WORKS (90 DAYS)

#### PHASE 1 — Culture & Wellness Diagnostic (Weeks 1-2)

A clear picture of where your people are today.

- ✓ Burnout + stress assessment
- ✓ Team culture survey
- ✓ Leadership interviews
- ✓ Quick “What’s Really Going On” insight report

**Outcome:** A focused view of your top risks, stressors, and opportunities.

#### PHASE 3 — Employee Wellness Activation (Weeks 7-10)

Building healthier habits and stronger engagement.

- ✓ Weekly group sessions
- ✓ Stress recovery techniques
- ✓ Emotional resilience tools
- ✓ Simple wellness micro-habits
- ✓ Team connection experiences

**Outcome:** Employees who feel supported, energized, and connected.

#### PHASE 2 — Leadership Reset (Weeks 3-6)

Training leaders to support well-being and performance.

- ✓ Neuroscience of burnout
- ✓ Emotional intelligence for leaders
- ✓ Clear communication frameworks
- ✓ Manager playbook + action steps

**Outcome:** Leaders who communicate better, support their teams, and reduce unnecessary friction.

#### PHASE 4 — Integration & Sustainability (Weeks 11-12)

Bringing it all together so the results last.

- ✓ Workflow + communication tweaks
- ✓ Wellness rituals for teams
- ✓ Leadership consistency plan
- ✓ 90-day cultural roadmap

**Outcome:** Sustainable systems that reduce burnout and keep your team performing at their best.

# THE CULTURE RESET™

A 90-DAY NEUROSCIENCE-BASED  
BURNOUT + WELLNESS TRANSFORMATION

## PROGRAM BENEFITS

- ✓ Reduced burnout + stress
- ✓ Better communication between leaders & teams
- ✓ Improved morale & engagement
- ✓ Clear wellness plan employees actually use
- ✓ Stronger team culture & collaboration
- ✓ Higher productivity without overwhelm

## WHO THIS IS FOR

1. Companies with 10–200 employees
2. HR teams wanting a realistic wellness strategy
3. Founders + CEOs who want healthier, happier, more effective teams
4. Organizations experiencing burnout, overwhelm, or disconnection

## INVESTMENT

Programs available in 3 tiers to match company size + needs:

- ✓ Essentials (Starting at \$1,500)
- ✓ Core (Starting at \$3,500)
- ✓ Premium (Starting at \$6,500)
- ✓ Custom pricing available for multi-site organizations.

## NEXT STEP

### *Book a 20-minute Discovery Call*

Let's explore what's happening in your organization and what healthier performance could look like.

[alexandcoconsulting.com/booking-calendar](http://alexandcoconsulting.com/booking-calendar)  
[contactus@alexandcoconsulting.com](mailto:contactus@alexandcoconsulting.com)