A close-up, high-resolution photograph of a human eye, showing the iris, pupil, and eyelashes. The eye is looking slightly to the right. The lighting is soft and natural, highlighting the texture of the skin and the detail of the eye.

THE RESET HOUSE

Individual Reset Program

The program

What

The Individual Reset

- provides fundamental insight into behaviour, emotions, feelings and patterns
- provides insight into next steps in a plan for the future
- supports the participant for 1 year

Components

Reset *

Training through knowledge sharing, instruction, practical practice and relaxation, literature converted into a clear reader

Narrative coaching *

The right conversation in a form of empathy and pure countertransference

Online

Interactive support, personal webpage

Global approach

Elements

Trainers and participants train two and a half days, including overnight accommodation, in a small group

Exercises offer new perspectives and more awareness of questions and direction

The results of the exercises are discussed in the group, and provide self-reflection and development points

The participants make a plan for their future, the plan becomes available on a personal webpage

2 personal follow-up conversations, 4 times a reminder via the personal web page and 12 times Reset House news related to current events

Setting

The combination of training, eating, cooking, exercising together, being able to retreat 'to your room' or walking in the quiet surroundings, ensures relaxation

The homely setting gives the peace and attention to make insights concrete

The training locations provide privacy and meet high standards of hygiene



Specific approach to the training

Day 1 - Reflection

Reflection on the current context from different angles

Download: Recognize the daily routine from a centered point of view

Seeing: witnessing the daily routine from a distance

Sensing: recognizing feeling on behavior and patterns

Presencing 1: letting go of limiting patterns

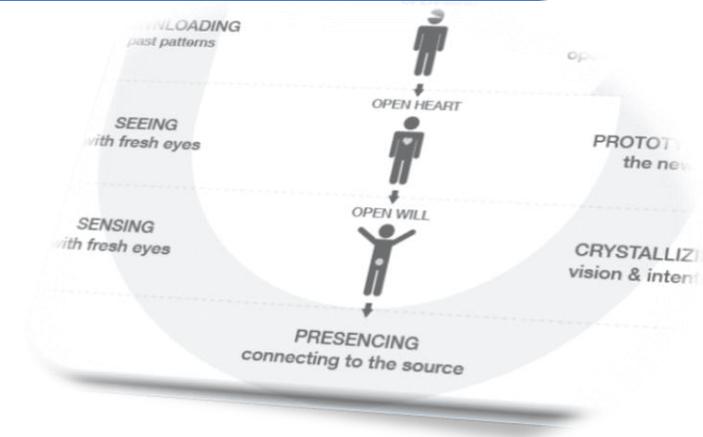
Day 2 - Concretization

Concretization of vision, steps, tools and action plan

Presencing 2: insight into the new direction

Crystalizing 1: linking personal values to the direction

Crystalizing 2: the future plan, the what, how and when



Total overview

All steps

- Intake with manager and HR
- Intakes trainee
- Reset two-days
- Aftercare via personal online environment
- Aftercare through 2 follow-up coaching sessions
- Feedback on main lines* of Reset and coaching results to the client

* confidential information remains between trainers and participants

Experience

Hoe specifieker de hulpvraag, hoe beter het resultaat
Niet zelden zijn er vragen achter de vragen
Follow up is essentieel



Value for client

Partial enumeration

Support questions

'We have an employee who got stuck'

'we have an employee who does the same thing for too long'

'We want to enrich our training offer with breakthroughs on complex personal cases'

'We have people who are ready for a new step, but they don't know which one, and neither do we'

'We are going to merge departments. there is resistance'

Senior management questions

'I would like to increase my influence in political administrative settings'

'I'm asked for a C-level role, does that suit me and how am I going to fill that role'

Result

Change of behavior, 90% of the participants put their Reset plan into practice

Participants grow in function / take a different position

More personal discipline and better problem-solving skills

Higher employee and customer satisfaction



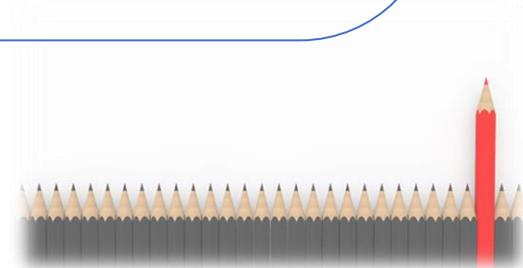
The Reset, different from the usual

Sum of the parts

- No nonsense approach with an eye for the human dimension
- Experienced trainers, also with a lot of business experience, appointed as high qualitative
- Training in a homely setting
- Complex change management translated into understandable and concise exercises
- Combination of training, coaching and online support
- Clients experience, fast results
-

Quotes

- "The combination of content, quality and setting makes the Reset a phenomenal program"
- "Unbelievable, suddenly I know what I want to do"
- "I have never experienced this, empathetic approach and logical methods that make the puzzle come together"
- "You are seen and heard, and then truly"
- "More than 30 years in search of balance, these two days gave insight into what to do"
- "I don't like soft programs, but this is the best thing I've experienced in 25 years"



Program investment

Specification (ex VAT)

Total investment per participant: €2.895,-

Specification

Training €2.045,-

Aftercare conversations €300,-

Personal online page for 1 year €120,-

Logistics €430,-



Locations

Rotterdam, Rijswijk, Utrecht, Hulshorst,
Dalfsen, and Amden (Ch)

