



SENSARAA™

BEFRIEND YOUR NERVOUS SYSTEM
FOR PEAK PERFORMANCE



#1 Social Health App | Self-Regulation + Co-Regulation
Control Your Stress-Response Mechanism

REWIRE YOUR NERVOUS SYSTEM | Pro-Active & Reactive Practices

- 2 min Every Day
- 10 min Every Week
- 15 min Every Month
- 90 min Every Quarter

SENSARAa Training is designed for 21st Century leaders looking to harness the power of their nervous system to foster an environment of connection, resilience, and peak performance within themselves and their teams.

Understanding the default responses of your nervous system is not a one-time learning event but a progressive journey. Mastering self-regulation and fostering an environment of safety and connection takes time. This training is crafted as the initial phase in this journey, providing participants with the essential knowledge, tools, and practices to begin integrating these principles into their daily lives and leadership style.

SENSARAa Curriculum

1. Establishing a Basic Understanding: Introducing the core concepts of nervous system safety in a straightforward, accessible manner.
2. Personal Awareness: Guiding participants through self-discovery processes to recognize their own physiological states, stress responses, and triggers.
3. Foundational Strategies: Offering practical strategies for shifting physiological states to foster a sense of safety and connection.
4. Building Blocks for Advanced Learning: Laying down the groundwork for subsequent learning opportunities that delve deeper into nervous system safety applications in leadership, conflict resolution, and organizational culture development.

Learning Objectives

1. Gain an understanding of the nervous system, aka science of safety, and its impact on human behavior and leadership.
2. Learn to identify the physiological states associated with nervous system safety and their implications for leadership and teamwork.
3. Familiarize themselves with strategies for self-regulation and co-regulation within teams to enhance trust, innovation, and performance.
4. Develop communication skills that nurture a supportive, innovative, and efficient work environment.
5. Create a personalized action plan integrating nervous system safety to their daily life and real-world challenges.

COURSE OUTLINE

Discovery Journey to Nervous System Safety

1. Activity: Self-assessment to identify personal triggers and responses to stress.
2. Theory: Fundamentals of nervous system safety; neuroception, nervous system states, and human connection.
3. Discussion: The impact of nervous system safety on individuals, leadership behavior and team dynamics.

Workshop 1: Identifying and Managing Physiological States

1. Activity: Guided exercises to recognize physiological signs of different nervous system States and our default stress-response mechanisms.
2. Theory: Techniques for shifting from one state to another (SENSARAA?)
3. Exercise: Small group discussion on challenges in shifting from one state to another under stress, and discussion scenarios on how shifting states could improve leadership outcomes.

Workshop 2: Mastering self and co-regulation for leadership excellence

1. Activity: Case study or simulation exercise that mimic real world leadership challenges and require quick thinking and emotional regulation.
2. Theory: Self-regulation and co-regulation in managing stress, enhancing communication, and building strong teams.
3. Workshop: Practicing self-regulation techniques to maintain composure and clarity during difficult conversations. Group discussion on access to co-regulation.

Workshop 3: Nervous System Safety in Leadership Action

1. Activity: Analyze complex leadership challenges using nervous system safety in breakout groups.
 2. Theory: Integrating nervous system insights into strategic planning, conflict resolution, and innovation.
 3. Group Project: Create a detailed action plan for applying polyvagal principles to enhance leadership effectiveness
 4. Conclusion, Q&A, and Next Steps
- Summary of key concepts and strategies learned.
 - Open discussion for questions, reflections, and sharing of insights.
 - Guidance on further resources for deepening knowledge of nervous system safety.
- selection of exercises:

COGNITIVE
Practices



Susanna Sjöberg
Nervous System Scientific Director

CREATIVE
Practices



Maria Scileppi
Sensorial Neuro-Arts Designer

SOMATIC
Practices



Brenna Dwyer
Somatic Intelligence Coach

INNER-PEACE
Practices



Elodie Attias
Psychological Safety Expert

CHANGE
Practices



Aurélie Brisac
Sustainable Change Architect