FORCED RESET STUDIO

The human experience of organisational change

ORGANISATIONAL SOLUTIONS



FOR HR AND PEOPLE & CULTURE LEADERS

Change is announced by the organisation. It is lived by people.

Workshops and structured support grounded in The Forced Reset Method™

The RESET Journey

A structured pause that moves people from reaction to reflection, and from reflection to purposeful action. A map, not a rigid sequence.

R
RECOGNIZE
Reality
What truth is asking to be acknowledged?

E
EVALUATE
Discernment
What deserves deeper examination?

S
STRATEGIZE
Possibility
What intentional response is now possible?

E
ESTABLISH
Identity
What needs to become part of who you are?

T
TRANSITION
Embodiment
What is the next courageous step into your next chapter?

Ways to work together

Each format stands alone. Choose the one that fits your situation.

Briefing

`60 minutes`

An introduction

Choose when you want to introduce the Method to a team.

A session on The Forced Reset Method™ and the RESET Journey. Suited to whole teams, town halls and wellbeing weeks.

Workshop

`Half day`

Navigating Your Forced Reset

Choose when a group faces a shared change.

Every stage pairs short teaching with a hands-on activity. Includes a printed workbook and a personal RESET Roadmap. For groups of 8 to 20.

Workshop + follow-up

`Half day + 3 sessions`

Change that holds

Choose when change needs to hold, not just be understood.

The half-day workshop, then three small-group sessions about a week apart, completed within a month. For cohorts in a longer change.

Individual support for leaders can be added.

Scope and fees are agreed in a written proposal.

WHAT PARTICIPANTS GAIN

Greater clarity · Greater agency · Intentional living · Embodied growth · Sustainable forward movement

The Forced Reset Method™ was developed by Leonora Mbithi, author of Forced Reset.

Begin with a 20-minute conversation

About the change your organisation is facing and what your people need.

EMAIL hello@forcedresetstudio.com

PHONE +254 119 481 080

WEB forcedresetstudio.com