

## **Nervous System Regulation Workshops**

A calm, structured approach for professional & community settings

### **Purpose of the Workshops:**

My workshops offer a self-led approach to nervous system regulation for individuals who carry responsibility in leadership, service, and community roles. Participants learn practical skills that help them calm stress in their own nervous system, increasing clarity and sound decision-making.

### **Scope & Boundaries:**

The focus of these workshops is skill-building, not personal processing.

Participants can expect:

- No group sharing or emotional disclosure
- No diagnosis or therapeutic intervention
- A respectful, relevant learning experience

### **Workshop Structure:**

Groups typically begin with a single introductory pilot workshop. Sessions are time-bound, clearly defined in advance, and predictable in tone and flow.

### **Why Groups Choose This Format:**

- Groups choose this approach because it offers meaningful support without requiring vulnerability or disrupting normal routines.
- The workshops fit naturally into professional and community settings, preserving roles, boundaries, and schedules.
- Participants gain practical regulation skills while remaining fully present in their responsibilities.

### **About the Facilitator:**

Christa Bates teaches self-led nervous system regulation for individuals in high-responsibility roles. Her work is grounded in nervous system education and designed for real-life application. She designs quality, concise experiences that support regulation through self leadership.

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