Executive Workshop Brief: Sustaining High Performance Under Pressure

Practices and Evidence-Based Mental Resilience Training for Corporate Teams

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Session Overview

Parameter	Specification
Session Title	Reset & Refocus: Practical Mindfulness for High-Pressure Teams
Duration	45 to 60 Minutes
Delivery Format	In-Person Workshop or Live Interactive Webinar
Target Audience	Corporate teams, senior leaders, and high-output professionals
Group Size	10–50+ participants
Facilitator	Sharon Mridul

Executive Summary

Workplace pressure, rapid organisational shifts, and continuous digital connectivity place ongoing demands on cognitive capacity and emotional energy. Poor workplace mental health creates substantial organisational drag, costing Australian employers over $45 billion annually in productivity loss and burnout.

This 45–60 minute interactive workshop provides corporate teams with practical, evidence-based tools to regulate the nervous system, mitigate cognitive fatigue, and maintain focus during high-pressure demands. Designed specifically for busy corporate environments, this session requires no prior experience or specialised equipment, focusing purely on high-impact, science-backed strategies that integrate seamlessly into the workday.

Key Objectives & Outcomes

Participants will leave the session equipped to:

- **Regulate the Nervous System On-Demand:** Learn rapid breathwork and somatic techniques to down-regulate acute stress responses during critical workday moments.
- **Mitigate Cognitive Fatigue:** Apply attention-anchoring tools to clear mental clutter, navigate context-switching, and sharpen decision-making clarity.
- **Build Sustainable Work Habits:** Implement micro-restorative practices that protect focus and prevent cumulative burnout throughout the week.
- **Improve Emotional Resilience:** Develop heightened self-awareness to respond constructively under tight deadlines or high-stakes team dynamics.

Workshop Agenda (60-Minute Structure)

1. Introduction & The Science of Stress (10 Mins)

- **Opening Context:** The impact of sustained cognitive load on executive function and performance.
- **The Physiology of Stress:** How the autonomic nervous system reacts to workplace stressors and how to deliberately shift from "fight-or-flight" to "rest-and-digest".
- **Mindfulness Demystified:** Moving past wellness clichés toward grounded, functional mental conditioning for modern work environments.

2. Guided Experiential Practice (15 Mins)

- **Nervous System Reset:** Guided breathwork and sensory grounding exercise to lower physiological arousal and steady the mind.
- **Attention Anchoring:** Experiential meditation practice targeting focus retention, thought observation, and mental space creation.

3. Practical Micro-Tools for the Workday (20 Mins)

- **The 60-Second Reset:** A portable technique for pre-meeting anxiety, difficult conversations, or inbox overload.
- **Digital Fatigue Management:** Micro-interventions to break continuous screen time and reduce eye-strain/cognitive drain.
- **Boundary & Energy Management:** Daily routines for transitioning effectively between intense work blocks and restorative rest.

4. Group Reflection, Q&A, and Integration Plan (15 Mins)

- **Interactive Q&A:** Addressing team-specific stress drivers and practical implementation hurdles.
- **Action Plan:** Defining 1–2 individual and team micro-commitments for sustained habits.

Participant Deliverables

Following the workshop, all attendees will receive digital access to:

1. **The Workday Resilience Toolkit (PDF Guide):** A concise reference sheet detailing all breathwork ratios, focus anchors, and desk-side micro-practices taught in the session.
2. **Guided Audio Resources:** Downloadable 3-minute, 5-minute, and 10-minute guided audio meditations for ongoing daily use.

Technical & Facility Requirements

- **In-Person Setup:**
  - Room with standard chairs arranged in a comfortable semi-circle or theater style.
  - AV display/screen with HDMI access for presentation slides.
  - Quiet space with minimal external interruptions during the session.
- **Virtual Setup:**
  - Video conferencing platform (Zoom, Microsoft Teams, or Google Meet).
  - Stable high-speed internet connection and clear audio/visual output.

About the Facilitator

Sharon Mridul is an experienced meditation teacher, breathwork guide, and corporate wellbeing facilitator. Drawing from extensive background in mindfulness practices and nervous system regulation, Sharon delivers structured, accessible programs that help high-performing professionals manage stress, prevent burnout, and cultivate sustained focus under pressure.