



Everyday RESeT®: The Key to Resilient, High-Performing Teams

A 60-Minute Workshop Experience

Health is the lens through which we experience the world. But in today's high-pressure, fast-paced environment, stress, burnout, and sedentary lifestyles are distorting that lens—impacting performance, creativity, and resilience.

Sophie Plato's Everyday RESeT® isn't just a talk—it's a transformational experience that will redefine how your organisation approaches well-being.

This dynamic session blends cutting-edge neuroscience, movement science, and real-world strategies to help professionals move better, think clearer, and thrive in high-pressure environments.

WHY THIS KEYNOTE MATTERS

🧠 “Sitting is the New Smoking” – Dr. James Levine

Prolonged sitting is linked to stress, poor cognition, and chronic pain—costing businesses millions in lost productivity.

⚡ Movement as a Performance Tool

Physical activity isn't just about fitness—it fuels brain function, enhances problem-solving, and builds stress resilience.

💡 RESeT® for Success

Sophie introduces practical, science-backed micro-movements that can be effortlessly integrated into the workday—helping teams feel more energised, focused, and engaged.

WHAT YOUR TEAM WILL TAKE AWAY

- ✓ Reframe movement—from a 'nice-to-have' to a non-negotiable for peak performance
- ✓ Simple, time-efficient strategies to integrate movement into busy workdays—no gym, no extra time required
- ✓ The neuroscience of stress & resilience—understanding how movement directly impacts cognition, mental clarity, and well-being
- ✓ The Movement Pyramid—a three-tier framework for sitting less, walking more, and moving smarter

Book Sophie Plato's inspiring workshop and give your team the tools to move, think, and work better—every single day.

sophie@sophieplatoreset.com

07990747969

www.sophieplatoreset.com

