AWAKE

HUMAN REGENERATION

PROGRAM



A four-week program for leaders and teams

HERE IS THE THING...

When the human capacity for regeneration is overwhelmed, sustained pressure becomes a cycle of deterioration.

Sleep and recovery decline. Regulation, health, patience and perspective are affected. Communication becomes defensive, decisions more reactive, and performance increasingly difficult to sustain. The organization generates more pressure, continuing the cycle.

The visible problem may be communication, performance or well-being. Beneath it is a loss of regenerative capacity.

Restoring the capacities that pressure has depleted.

AWAKE interrupts the cycle at three specific points. The work connects human states with organizational behavior without turning well-being into another demand.

01

Recovery

Restore the capacity to rest and recover after sustained activation.

Deep Rest
AWAKE Yoga Nidra
Breath
Restorative movement

02

Regulation

Recognize pressure and activation before they become automatic reactions.

Effortless Mindfulness
Nervous System Regulation
Somatic Allowing
True Safety

03

Relational Response

Recover perspective, listening and choice within communication and decision-making.

Assertive and Non-Defensive Communication
Meditative Dialogue
Psychological Integration
Embodiment

THE HUMAN ECOLOGY OF THE ORGANIZATION

AWAKE works with the relationship between human states and organizational behavior.

The process restores human capacity while helping leaders identify the organizational conditions that repeatedly support or interrupt regeneration.

Choose the rhythm that fits the organization.

Both formats cover the same four territories, include two Private Engagements for the CEO or key leaders, and conclude with an executive debrief.

FORMAT ONE

Four-Week Program

One two-hour team session per week.

Before

CEO or sponsor conversation, baseline assessment and selection of one or two projects.

Week 1

Restoring Collective Capacity

Week 2

Recovery and Regulation

Week 3

Relational Response

Week 4

Recovery and Integration

FORMAT TWO

Human Regeneration Retreat

An immersive weekend from Friday afternoon to Sunday.

Friday

Restoring Collective Capacity · 2 hours

Saturday morning

Recovery and Regulation · 2.5 hours

Saturday afternoon

Relational Response · 2.5 hours

Sunday morning

Recovery and Integration · 2.5 hours

Sunday closing

Integration, commitments and conditions for continuity · 60 minutes.

PRIVATE DIGITAL INTEGRATION SPACE

A private company-specific page with guided audio, neurosensory exercises, recovery and regulation practices, brief techniques for the working day, and PDF resources when needed.

What the organization can observe.

Each engagement begins with a baseline and identifies the indicators and projects in which change will be observed.

01

Recovery of Organizational Health

More assertive, direct and non-defensive communication. Greater capacity to address tension before conflict. Improved trust, coordination and relational clarity. Less reactivity in meetings and decisions.

02

Recovery of Human Well-being

Reduced perceived stress. Increased experienced well-being. Greater capacity for rest and recovery. Improved energy, regulation, patience, perspective and presence under pressure.

03

Recovery of Energy, Potential and Project Momentum

Renewed engagement around selected projects. Greater access to creativity and initiative. Clearer priorities and ownership. Less avoidable friction and renewed momentum.

HOW OUTCOMES ARE OBSERVED

Baseline and final pulse · CEO or sponsor interviews · Observation of communication patterns · Before-and-after review of energy, clarity, collaboration and momentum in selected projects

INVESTMENT

USD $5,600 + VAT

The same investment applies to either format. Retreat venue, accommodation, meals, transportation and production are quoted separately.

DHRUVA LANCE · AWAKE

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