

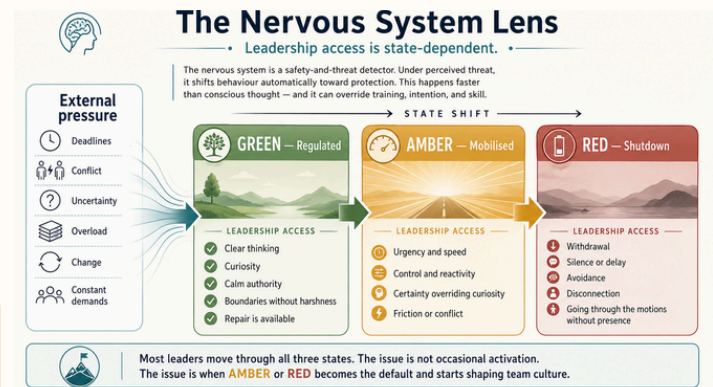


Authentic Leadership Mastery

Building leadership capacity through nervous system regulation

Designed for

CHROs, HR, L&D, and senior leaders.



**Most leadership programs build skills.
TRM builds the internal capacity that makes those skills usable under pressure.**

The Recalibrate Method™ is a regulation-first leadership experience grounded in neuroscience, nervous system regulation, and embodied practice. It is designed for leaders who carry responsibility, make decisions in complex environments, and need sustainable performance without losing clarity, presence, or trust.

This is not a wellness add-on. It is leadership capacity work.

TRM develops the state from which leaders lead.

Clarity in uncertainty. Presence in conflict. Sustainable performance without depletion.

Why this matters

Under pressure, leaders do not default to intention. They default to nervous system state.

When that state is dysregulated, even capable leaders can become more reactive, over-functioning, less clear, and less congruent. Over time, this affects not only the leader, but the culture around them: communication becomes strained, trust weakens, decision-making narrows, and performance becomes harder to sustain.



Workplace reality

Gallup's *State of the Global Workplace* found that global employee engagement was 23%, then fell to 20% in the following year, with lower manager engagement accounting for most of the downturn.

Gallup. State of the Global Workplace: 2026 Report.

What leaders begin to strengthen

- Clearer and more balanced decision-making in demanding environments
- Greater steadiness, clarity, and self-trust under pressure
- More congruent communication and healthier team dynamics
- A more sustainable leadership experience without chronic overdrive

When leaders regulate, teams read steadiness rather than strain.

That shift supports clearer communication, stronger trust, and more sustainable engagement.

What the masterclass covers

1. The Nervous System Lens

How pressure shapes leadership state, behaviour, communication, and decision-making.

2. Authentic Leadership From the Inside Out

How leaders build internal safety, self-trust, and alignment rather than leading from performance pressure.

3. Values, Voice, and Relational Impact

How pressure distorts clarity, truth-telling, trust, and team connection.

4. Sustainable Leadership Capacity

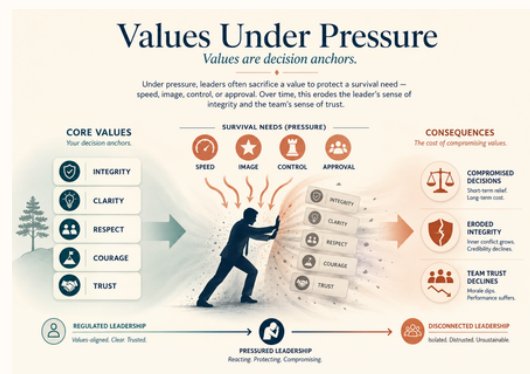
How leaders strengthen presence, steadiness, accountability, and resilience over time.

Outcomes for leaders

- Regulate more effectively under pressure
- Reduce reactivity and over-functioning
- Communicate with greater steadiness
- Make more effective, balanced decisions

Outcomes for organizations

- Stronger leadership capacity under pressure
- Healthier communication
- Lower burnout-related strain
- Greater trust and alignment



Format, founder, and next step

Format

- 2-3 day in-person Authentic Leadership Mastery intensive
- Six 1:1 coaching sessions for integration and application
- Optional group integration sessions, where appropriate
- Corporate pilot formats available in half-day or one-day versions

About the founder



Best suited for

- CHROs, HR, L&D, and OD leaders
- Executive teams and leadership cohorts
- Organizations navigating change, pressure, or trust strain
- Leadership offsites, development journeys, and corporate pilots

Triptta Neb is the creator of The Recalibrate Method™ and works at the intersection of leadership, nervous system regulation, and embodied self-awareness.

Her work brings together corporate leadership experience, neuroscience-informed practice, and lived depth to help leaders build sustainable performance without burnout, self-betrayal, or disconnection.

If your organization is developing leadership skills but still missing the inner capacity that sustains them, TRM helps bridge that gap.

For pilots, speaking engagements, or leadership conversations, connect with Triptta Neb.