

The Meeting Reset.

A three-step protocol for when the emotional load of corporate life overwhelms executive function.

Corporate environments demand sustained performance across high-stakes interactions with minimal psychological recovery time. Your nervous system doesn't reset between meetings. This tool gives you a structured protocol that prevents cumulative dysregulation.

C	CATCH Notice what you're carrying from the last meeting. Tag it — don't process. "I'm carrying ___ from that interaction."	<i>I'm carrying:</i> <i>My activation level (1-10):</i>
C	CLEAR Thirty seconds of physical reset. Stand, stretch, three breaths. This interrupts the cortisol cycle before your next interaction.	<i>My clear practice:</i> <i>Transition time available:</i>
C	CALIBRATE Set your intention for the next meeting. What does this room need from you? "I will bring ___ to this interaction."	<i>This meeting needs me to:</i> <i>I will bring:</i>

YOUR MEETING RESET

Meeting that activated me:	<i>The interaction that raised my threat system</i>
What I carried into the next room:	<i>Frustration? Defensiveness? Fatigue?</i>
My calibration for next interaction:	<i>How I chose to arrive, not how I was feeling</i>

WHEN TO USE THIS

Between back-to-back meetings with different stakeholders
After a difficult conversation with leadership or a direct report
When frustration from one meeting spills into another
Before high-stakes presentations or negotiations

THE SCIENCE

Allostatic load theory (McEwen) explains cumulative stress without recovery. Brief somatic resets restore vagal tone within 30 seconds (Porges). Intentional calibration engages prefrontal cortex and improves interpersonal effectiveness (Gross).

*You are not a machine that processes meetings. You are a human navigating power, politics, and performance.
The reset is where your leadership begins.*

STABILITY DOMAIN

The Signal Filter.

In corporate environments, everything is labelled urgent. This tool helps you distinguish signal from noise.

Corporate systems generate infinite demands disguised as priorities. Your threat system treats every email, escalation, and stakeholder request with equal urgency. This tool interrupts the overwhelm so you can lead from clarity, not reactivity.

THE FILTER

CORPORATE NOISE	SIGNAL CHECK
"I need to respond to this email immediately."	Is this genuinely time-critical, or does urgency culture make everything feel that way? What happens in 2 hours?
"If I don't fix this, the whole project fails."	Am I catastrophising? What is the actual impact — and whose responsibility is the fix?
"Everyone expects me to have the answer."	Is this expectation real or self-imposed? What happens if I say "I need to think about this"?

YOUR SIGNAL FILTER

The urgency signal:	<i>What feels critical right now</i>
Actual business impact:	<i>What is the real consequence of delay?</i>
My actual priority:	<i>The one thing that genuinely matters most today</i>
What I will deprioritise:	<i>The noise I am choosing not to respond to</i>

WHEN TO USE THIS

When the inbox feels overwhelming
When multiple stakeholders demand simultaneous attention
When urgency culture drives reactive decision-making
Before making strategic decisions under perceived time pressure

THE SCIENCE

Decision fatigue degrades judgment quality (Baumeister). The urgency-importance distinction (Eisenhower, adapted by Covey) reduces cognitive load. Attentional prioritisation restores executive function under stress (Diamond).

Not everything that feels urgent matters. Not everything that matters feels urgent. Clarity is the leadership skill no one taught you.

CLARITY DOMAIN

The Influence Map.

Agency in corporate life is not about control. It is about knowing where your influence actually lives.

Corporate environments often create the illusion that you have less influence than you do — or more responsibility than is reasonable. This tool maps your actual sphere of influence so you can invest your energy where it creates impact, and release what you cannot control.

THE MAP

PERCEIVED RESPONSIBILITY	ACTUAL INFLUENCE
"I'm responsible for my team's morale."	"I influence morale through my behaviour, my communication, and my consistency. I cannot control their inner experience."
"If this initiative fails, it's on me."	"I own my contribution. The outcome is shaped by budget, timing, stakeholders, and market forces I don't control."
"I should be able to change the culture."	"My influence is in the micro: my team, my meetings, my standards. Culture change is systemic, not individual."

YOUR INFLUENCE MAP

What I feel responsible for:	<i>The burden I'm carrying</i>
What I actually influence:	<i>My behaviour, decisions, communication</i>
What I need to release:	<i>The outcome, other people's responses, systemic factors</i>
Where I will focus my energy:	<i>The highest-impact action within my influence</i>

WHEN TO USE THIS

When responsibility feels overwhelming
When organisational politics drain your energy
When you carry outcomes you cannot control
Before strategic planning or leadership conversations

THE SCIENCE

Covey's Circle of Influence model distinguishes productive focus from reactive concern. Locus of control theory (Rotter) predicts burnout from perceived lack of agency. Acceptance and Commitment Therapy (Hayes) builds the capacity to release the uncontrollable.

Leadership is not carrying everything. It is knowing what to carry, what to delegate, and what to release.

AGENCY DOMAIN