



Reset Clearing

Step into
Health Sovereignty

Reset Clearing Foundation

Online Course • November

17th, 21st & 24th November

Two Tuesday evenings & Saturday daytime

Reset Clearing Foundation Course - Online

Tuesday 17th Nov • 6-9pm

Saturday 21st Nov • 10am-4pm

Tuesday 24th Nov • 6-9pm

Step into Health Sovereignty

Join us for three immersive online sessions learning the core Reset Clearing tools and discover how to work with your body's innate intelligence to restore balance, harmony and wellbeing.

Reset Clearing is designed to identify and clear the deeper patterns and underlying influences behind emotional, mental and physical challenges, rather than simply working with what's presenting on the surface.

Whether you're looking to transform your own health and wellbeing, support friends and family, integrate Reset into an existing modality or begin your journey towards becoming a Reset Clearing Facilitator, you'll leave with a powerful and versatile toolkit you can begin using immediately.

What You Will Learn

Throughout the course, you'll learn how to self-test and receive answers from your body, identify deeper root causes and underlying patterns, and use the Reset Clearing tools across virtually any health or life situation.

You'll explore how emotional experiences, trauma, inherited patterns, beliefs and environmental influences may contribute to the challenges we experience, and how Reset approaches identifying and clearing these deeper layers.

With guided demonstrations and practical exercises, you'll develop the confidence to begin using the tools for yourself, friends and family, while discovering just how versatile Reset Clearing can be.

Core Skills You Will Learn

- **The Reset Clearing Toolkit:** Learn a wide range of versatile tools, including the Signature Tool, at the heart of Reset Clearing, and how to apply them across different health and life situations.
- **Energetic Self-Testing:** Learn how to ask your body questions and receive Yes/No answers, opening up a different way of exploring underlying patterns and influences.
- **Bringing the Unconscious into Awareness:** Discover how to explore emotions, symptoms, blocks and experiences that may be difficult to identify or articulate.
- **Identifying and Clearing Root Causes:** Learn how to trace patterns back to their underlying influences, including emotional experiences, trauma, beliefs and inherited patterns.
- **Working with the Physical Body:** Explore how Reset approaches organs, glands and body systems, and how to identify areas that may benefit from attention.
- **Strengthening Your Energetic Core:** Learn how to assess and strengthen your energetic core as part of the Reset approach to balance and wellbeing.
- **Supporting the Nervous System:** Explore Reset tools and protocols designed to address patterns associated with stress, overwhelm and survival responses.
- **Working with Medical Experiences:** Explore how Reset approaches emotional and energetic patterns associated with past medical procedures, treatments and interventions.
- **Environmental Influences and EMFs:** Learn how to identify and work with environmental stressors, including electromagnetic fields.
- **Developing Your Own Approach:** Discover how to combine tools, explore different protocols and begin applying Reset in ways that suit you and the situations you're working with.

Where you can take Reset

Foundation is just the beginning. Once you've learned the tools, there are plenty of opportunities to deepen your understanding, expand your capabilities and discover new ways of working with Reset.

Continue developing your skills through our Student Calls, Reset Skills Studio and Development Workshops, or take your learning further through Advanced Training and the pathway towards becoming a certified Reset Clearing Facilitator.

Reset can also be integrated into many existing wellbeing and complementary approaches, offering another set of tools to explore alongside the methods you already use.

What's Included

- **Three Live Online Training Sessions:** Interactive teaching, demonstrations and guided practice with opportunities to ask questions throughout.
 - **The Foundation Toolkit:** Learn the core Reset Clearing tools, including the Signature Tool, with practical guidance on how to use them for yourself and others.
 - **Comprehensive Course Materials:** Full course notes, charts, protocols and supporting resources to refer back to whenever you need them.
 - **Three Follow-Up Student Calls:** Complimentary access to three live calls to practise your skills, ask questions and build confidence in using the tools.
 - **Ongoing Student Calls and Reset Skills Studio:** Opportunities to continue learning, refine your skills, explore different approaches and receive guidance from experienced Reset Facilitators.
 - **Future Workshops:** Once you've completed Foundation, you'll have the opportunity to join our specialist deep-dive workshops, exploring different topics, expanding your understanding and developing your Reset capabilities.
 - **The Reset Community:** Connect with fellow Resetters, share experiences, ask questions and find opportunities to practise together between sessions.
 - **Continued Tool Developments:** Access to updates and refinements to the core Reset tools as they continue to evolve.
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Secure Your Place

Reserve your place on the November Online Foundation Course with a £100 deposit, which will be deducted from your full course fee.

Course fee: **£395**

Returning attendees: **£300**

Concessions and instalment options are available.

Please contact: suzan@resetclearing.com to discuss.

Reserve your place

You'll receive a booking confirmation via email.

Closing date: Friday 13th November, or sooner if the course becomes full.