The work keeps moving. Give your people a moment to catch up.

Hello, I'm Tatiana. I guide short, gentle pauses that help teams release tension and return to their day feeling calmer, clearer and more present.



Many teams begin with one session, then book a monthly or fortnightly series.

15–20 minutes	No preparation	No personal sharing	Onsite or online

WHAT HAPPENS

Gentle breathing, grounding and moments of quiet, seated at your workplace or online. Eyes can stay open, and joining in is always optional.

WHAT PEOPLE SAY

> *"It allows me to return to my work with improved mood, feeling refreshed and motivated."*
> **Alyssa, Senior Teacher**

> *"It feels like a total shift in just 15 minutes."*
> **Sara, Teacher, Melbourne**

HOW IT WORKS

1
Tell me your group size, location and preferred dates.

2
I reply with availability and the practical details.

3
Your team takes a gentle 15–20 minute pause.

SESSIONS

	ONSITE	ONLINE
First Reset: for new workplace clients	**$250**	**$200**
Single Reset: one-off session	**$350**	**$250**
Reset Series: four sessions	**$1,200**	**$900**

One flat fee for the whole group, not per person. AUD [incl./excl. GST, to confirm].

ABOUT TATIANA

Counsellor, author and mindfulness practitioner with a postgraduate diploma in psychology. Author of *How to Get Out of the Fog*. As presented at UECA PD Fest 2026.

Bring a Reset to your team

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Reset Sessions are educational workplace wellbeing experiences. They do not replace clinical care, professional mental health support or organisational measures addressing workplace psychosocial risks.