

A HALF-DAY WORKSHOP FOR ROOMS UNDER SUSTAINED PRESSURE

Steady Under Pressure

Resilience isn't a trait. It's twelve small practices — and every one of them is trainable.

A half-day emotional-resilience workshop built on twelve practices, grouped into five modules with five timed, hands-on exercises. The room spends most of the session working, not listening. It is the companion to The Rebuild Method™ keynote — Rebuild is for after the break, Steady is for inside the storm.

WHAT EVERY ATTENDEE WALKS OUT WITH

One page: My Steadiness Plan

- Their regulation practice — what they do in the first ninety seconds
- Their boundary sentence — the one line they'll say this week
- Their thirty-day committed rep — the practice someone else is watching for

FORMATS

Intensive

3 HOURS

All five modules, with breaks.

Post-keynote lab

90 MINUTES

Breakout after the mainstage talk. Modules 01, 03, 05.

Virtual

2 × 75 MINUTES

Modules 01–03, then 04–05. Worksheets sent ahead.

BEST FIT

- Healthcare staff and clinical teams
- Leadership teams running hot
- Caregivers and family support groups
- Educators and school staff
- Organizations in sustained change

WHAT THE ROOM NEEDS

- Round tables if the room allows; flip charts or whiteboards
- Printed worksheets (provided) and pens — no laptops during exercises
- A visible timer, wireless lavalier, 16:9 projection
- Best in rooms of 20–120; larger rooms run in table groups

LOGISTICS AT A GLANCE

Fee range \$3,000–\$7,500; travel at cost, non-profit rates on request

Pairs with the Rebuild keynote — same day, ten-minute bridge

Slides, worksheets, and a recap sent within 48 hours

HOW THE ROOM IS RUN

Nothing shared leaves the room. “Mild and real” is the rule — nobody brings their heaviest thing, and passing is always allowed. Writing alternates with speaking throughout.

BOOK THE WORKSHOP

joe@joejacksoncreative.com

youbuildforward.com/speaking/workshop/steady

You feel it. It just doesn't get the controls.

FIVE MODULES, FIVE EXERCISES, TWELVE PRACTICES

How the half day runs

01 Regulate first 40 MIN

Practices 1 + 4 — the 90-second rule, pause before you respond

The body's first emotional response is brief; what keeps it alive is the story the mind repeats. Before any strategy, the room learns to buy itself ninety seconds.

EXERCISE

Ninety seconds, timed

Pairs. Each person recalls a mild, recent irritation — real but safe. Partner starts a visible timer; the job is only to breathe and observe until it ends. Debrief: what actually lasted longer than ninety seconds?

Takeaway: A felt, timed proof that the first wave passes — and a shared language the room uses on each other the rest of the day.

02 Change the meaning 35 MIN

Practices 2 + 3 — inner dialogue, acceptance

The event is rarely the greatest source of suffering; the meaning attached to it is. Acceptance is not approval — it is acknowledging reality so energy can go toward what's next.

EXERCISE

The rewrite

Each person takes one real, recent setback and writes the sentence their mind keeps repeating. Then they rewrite it in acceptance language: "This happened. I'll face it one step at a time." Volunteers read both aloud.

Takeaway: A line they wrote themselves, for a situation that is actually theirs — and it goes straight onto the steadiness plan.

03 Hold your own lane 45 MIN

Practices 5 + 6 + 9 — external validation, control, other people's chaos

Confidence built on praise goes fragile under criticism. This module draws the lines: what is mine, what is theirs, what is nobody's.

EXERCISE

Three circles

Each person draws three rings — mine, theirs, nobody's — and sorts the week's top five stressors into them. Then one boundary sentence they will say this week, rehearsed aloud with a partner.

Takeaway: A sorted stressor list (most rooms find half their load was never theirs) and a boundary sentence already said aloud once.

04 Build the floor 35 MIN

Practices 7 + 10 + 12 — the body, prepare without worrying, the present moment

A cared-for body gives the mind a stronger foundation. Preparation creates confidence; constant worry rarely creates solutions. The difference between the two is a ritual.

EXERCISE

The Tuesday protocol

Two one-line rituals: a preparation ritual (what I do before the hard thing) and a release ritual (what I do after, to set it down). Both small enough to survive an ordinary Tuesday.

Takeaway: Two written rituals sized for real life — preparation that ends, instead of worry that doesn't.

05 Grow through it 35 MIN

Practices 8 + 11 + the closing teaching

Challenges don't simply test character — they strengthen it. Peace isn't a life without storms; it's not being carried away by them.

EXERCISE

The proof list

Three pressures they have already survived, and one thing each built in them. A few are read aloud. Then a two-minute guided stillness, and one practice committed as a thirty-day rep, witnessed by a partner.

Takeaway: Written proof they have done this before, and one committed rep with a witness attached.