

Take-home resources

What attendees receive after each talk. Each event gets its own page where people can download the guides or have them emailed.

The 90-Day Rebuild Plan for Leaders

A three-phase plan for rebuilding a team after disruption.

Talk: Build Forward / The Rebuild Method · For: Leaders and managers

Language for the Hardest Conversations in Recovery

Plain words for the conversations that matter most in recovery care.

Talk: Designing the Room Around Recovery · For: Clinicians

Steady Under Pressure — Worksheet Pack

Worksheets for noticing, naming, and steadying under real-world pressure.

Talk: Steady Under Pressure · For: Teams under pressure

Stillness Practice Card

A two-minute practice to do before something hard.

Talk: All talks · For: Everyone

Build Forward 90-Day Plan

A personal worksheet for the next 90 days.

Talk: Build Forward · For: Individuals

Attendees who ask for the resources by email also get Joe's 30-day follow-up: five short notes on days 3, 7, 14, 21, and 30.