

# The Calm Reset

## What is the Calm Reset?

The Calm Reset is a 6-week 1:1 coaching experience for men in their late 30s to 40s who feel worn out, stuck on autopilot, or tired of pretending everything's fine. It's not therapy-it's a practical reset to reconnect to what matters and get back on top of life.

## Who is it for?

Men who are carrying a lot-work, family, pressure-and feeling the weight of it. You're not in crisis, but you're close. You want to make space for yourself without guilt or judgment. You want clarity, confidence, and calm.

## What you'll get:

- 6 x 60-minute coaching sessions (online or in person)
- Tools to calm your mind and body
- Weekly check-ins and accountability
- Personalised action steps and strategies
- Optional voice or text support between sessions
- Space to talk honestly without pressure to 'man up'

## Outcomes

By the end of the 6 weeks, you'll feel more in control, clearer on what you want, and more grounded in your day-to-day life. You'll have tools to keep calm, prioritise what matters, and stop defaulting to survival mode.

## What it costs:

Pricing is kept accessible. Payment plans are available.

Want to know if it's a good fit? Book a free call first-no pressure, no sales pitch. Just a conversation.

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## How to book:

Visit [www.thecalmguy.co.nz/get-in-touch](http://www.thecalmguy.co.nz/get-in-touch) to schedule your free intro call.

You don't need to have it all figured out. You just need to take the first step.