

Wellness Driven Leadership

How Nervous System Regulation Improves
Sales, Recruiting and Decision Making

An NEOEDD training by Jason Stein, LAc

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Objectives

The Objectives to Cultivate Wellness Driven Leadership:



Discover the Importance of Our Nervous System in Business



Understand The Efficient Way to Reset Your Nervous System



Create a Doable Plan to Optimize Your Wellness at Work

S-H-O-P



Most leaders try to grow by adding strategy.



Few grow by increasing capacity.

BUSINESS 101



What is Missing in Business 101



✔ Point At Yourself Exercise

The Cost of Dysregulation



Narrowed
Perspective



Urgency
Over Clarity



Reactive
Decision
Making



Short term
wins, long term
instability

This is the hidden tax of stress.

Regulated Leaders VS Stressed Leaders

REGULATED LEADERS



Curious



Clear



Strategic



Present

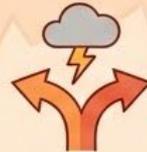
STRESSED LEADERS



Talking more than listening



Hiring from urgency



Deciding from fear



Tight, rushed, reactive

Breath →) Posture →) Mind

Leaders need to regulate their way into clarity through:

Where You Place Your Attention Your Nervous System Follows

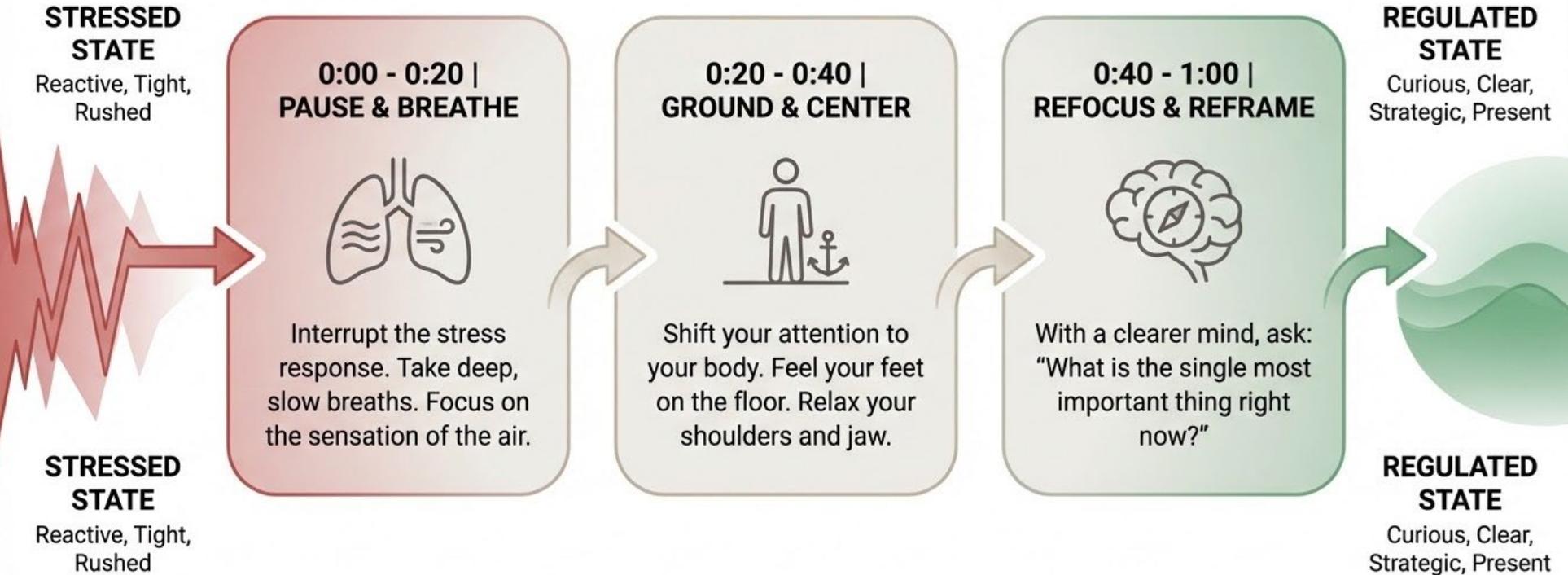
- Scattered Attention Creates Scattered Energy = Scattered Results
- You Don't Need to Control Your Thoughts, You Need to Know Where to Place Your Focus

You do not need rigid control. You need clarity that is stronger and more open than your distraction.



The 60-Second Leader Reset: From Stressed to Regulated

A simple, three-step practice to regain clarity and composure in any moment.



Breath

A scenic landscape at sunset. The sun is low on the horizon, casting a warm glow over a range of mountains. In the foreground, there is a lush green field with various wildflowers. A calm lake reflects the sunset and the surrounding mountains. The overall atmosphere is peaceful and serene.

Breath Sets the Pace

Your nervous system responds to breath before logic.

- Short, shallow breathing signals urgency and threat.
- Slow, steady breathing signals safety and capacity.

You do not need complex breathing techniques. You need a breath that is slower and deeper than your stress.

Posture

Posture Sets the Foundation

Good posture supports your body and mind before action.

- Slumped, closed posture signals fatigue and defense.
- Upright, open posture signals confidence and readiness.

You do not need rigid techniques. You need alignment that is stronger and more open than your stress.

Mind

Mind Sets the Direction.

A clear mind focuses your attention and energy before action.

- A cluttered, reactive mind signals chaos and hesitation.
- A clear, focused mind signals purpose and intent.

You do not need rigid control. You need clarity that is stronger and more open than your distraction.

Putting it All Together - 60 Seconds



Sharper Decision-Making & Clarity

Deep breathing increases oxygen to the brain, improving cognitive function and problem-solving.



Reduces Stress & Reactivity

Deep breathing lowers cortisol, helping you respond to challenges with clarity instead of reacting impulsively.



Increases Emotional Intelligence

Just 60 seconds of breath awareness strengthens self-regulation, improving patience, empathy, and team communication.

Create Your Daily Reset

Your personal commitment to clarity and composure.



- **Integrate Your 60 seconds** -
Breath, posture, or attention.



- **Choose your duration** - How
many days will you commit?



- **Choose your accountability** -
Who will you check in with?

Connect with Jason Stein



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