

Invest in yourself - because that is where life actually happens

**A 4 MONTH NERVOUS SYSTEM COACHING JOURNEY  
TO MASTER YOUR NERVOUS SYSTEM AND RECLAIM YOUR  
LIFE**



# Do you feel?

- Burned out
- Tired of being tired
- Running on low energy
- Scattered and mentally foggy
- Emotionally overloaded
- Hyper-reactive or numb
- Caught up in loops and physically not great
- Stuck in survival mode
- Under-earning while over-giving
- Full of ideas but no energy to execute

**This is not a mindset problem.**

**This is a capacity problem — your nervous system is maxed out.**

**expand**

**Did you know that irritation is an early sign of nervous system dysregulation?**

**And, did you know – taking a proteien rich snack and a walk help help regulate the nervous system if you feel irritated?**

**expand**

# **A Personal Note...**

**As a healthcare provider, business owner and a mom, I know what it feels like to have just enough energy to get through the day.**

**To divide yourself between clients, kids, responsibilities, and the thousand silent demands you carry.**

**I know what it's like to pour out compassion when your own tank is empty.**

**To care so deeply for others that you forget your own body's limits.**

**To have ideas, dreams, and plans — but not the capacity, clarity, or energy to bring them to life.**

**I've lived the burnout cycles. Survival.**

**I've lived the shutdowns.**

**I've lived the "push through" seasons that left me depleted.**

**That's why I created this journey.**

**A space where your nervous system finally gets to breathe.**

**A place to rebuild your energy, your emotional stability, your focus, your capacity — gently and sustainably.**

**If you're tired of surviving...**

**If you're ready for the version of you who can hold more, feel more, create more, be more...**

**Join this 4-month**

**nervous system journey.**

**Let's expand — together.**

**expand**

**Did you know that staying stuck in survival mode can shift your nervous system's baseline, cause low grade inflammation and reduce your capacity to deal with stressors?**

**expand**

Your subconscious is the  
command center.



Your nervous system is the  
responder.



Your body expresses the  
message.

**expand**

**Expand your nervous  
system capacity —  
physically, mentally,  
emotionally, and  
energetically.**

**expand**

## Why?

Because when your nervous system expands,  
everything else expands:

- ✓ your energy
- ✓ your clarity
- ✓ your emotional stability
- ✓ your resilience
- ✓ your focus
- ✓ your income
- ✓ your creativity
- ✓ your confidence
- ✓ your ability to rest
- ✓ your sense of self and health

This program gives you the internal foundation your next level requires,  
because  
Your gap isn't worth.  
It's capacity.

# How?

**A 4-month guided journey to rebuild your capacity from the inside out.**

**Weekly Live Call – with replay if you miss**

**Micro Habit Stacking**

**Weekly Nervous System Regulation Techniques**

**Emotional Regulation Tools**

**Projective Techniques**

**Somatic Practices & vagus nerve techniques**

**From postures that trigger → to postures that heal**

**Micro-Pauses**

**Trauma-Informed Integration**

**Lifestyle Upgrades**

**(simple, real, nervous-system science)**

**Community Support**

**Grow with like-minded people**

**expand**

**The real cheat code for leveling up isn't more effort... it's training your nervous system to handle higher levels of success without self-sabotage.**

**expand**

# What you will get?

**A Clearer mind**

**More energy**

**Less overwhelm**

**Better focused**

**Better emotional balance**

**Less reactive – more pro-active – designing your life**

**More resilient**

**Able to execute ideas**

**Better work–life rhythm**

**Improved Capacity to earn more, lead better, rest deeply**

**and receive more...**

**Why can this happen? Because the body keeps the score...**

**expand**

# The investment

16 hours of your time divided over 4 months... R5000 or sign up before 20 Dec for R1000 discount.

## The Date

Starting on the first Tuesday of February 2026.

Maybe you don't need more time for personal development... maybe you need more experiences that show your nervous system a different reality.

**expand**

# **About Corinne,**

**I am an Occupational therapist with a diploma in Psychoneuroimmunology and certified by the Heartmath institute in anxiety, trauma and stress resiliance. I am the founder of Neurosync academy where I offer various courses on nervous system regulation.**

**Reserve your spot here:**

**<https://forms.gle/gG381YWKikWXTKkN6>**

**If you are interested in short cpd courses  
please visit:**

**[www.neurosyncacademy.com](http://www.neurosyncacademy.com)**

**For any queries email:**

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