

WIAB PERFORMANCE TOOLKIT

The High Performance Reset

Nervous System Tools for Women Leading Under Pressure

in collaboration with House Harmon

Why this Matters

High performing roles demand constant decision making, communication and problem solving. When the nervous system is under pressure, the brain shifts into stress response mode, making it harder to think clearly, stay patient and lead effectively.

Common Signs

- Attention narrows
- Patience drops
- Decisions become reactive
- Energy drains faster



THE 3-MINUTE RESET (BETWEEN MEETINGS)

Step 1 - Physiological Sigh 🌙

Inhale through your nose
Take one more short inhale
Long slow exhale through your mouth

Repeat for 3 rounds

RAPIDLY REDUCES STRESS BY RELEASING EXCESS CO2

Step 2 - Orienting (30 seconds)

Look around the room and name:

3 things you see

2 sounds you hear

1 sensation in your body

BRINGS ATTENTION OUT OF MENTAL LOOPS AND BACK INTO THE PRESENT

Step 3 - Long Exhale Breathing

Inhale through the nose for 4

Exhale slowly through the nose for 6

Continue for 1 minute

LONGER EXHALES STIMULATE THE VAGUS NERVE + RESTORE CLARITY

Before a Client Call or Presentation

High stakes conversation activate the nervous system. A quick reset helps you enter the conversation calm + clear.

1 Minute Coherent Breathing

Inhale through the nose for 4

Exhale through the nose for 4

Repeat for one minute

What energy does this room need from me?



End of Day Reset

Roll your shoulder slowly for 30 seconds

Take 5 slow breaths with longer exhales

“For most of my career in technology and commerce, I believed performance was purely about strategy, effort, and discipline. What I eventually learned is that performance is deeply physiological”

That’s the work we practice at House Harmon.

Small resets. Better leadership.

— Abi Harmon

Founder, House Harmon

Learn more about upcoming House Harmon leadership resets, retreats, and executive programs.

 househarmon.com

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