



Your Launchpad to Freedom | Workshop information

A practical reset — not another thing to “get right”

Midlife can bring a lot at once. Work, family, relationships, caring responsibilities, changing bodies and changing priorities can all collide — sometimes with the growing sense that the way you have always coped is no longer working quite as well.

The Midlife Reset creates space to pause, understand what is happening now and explore what might help next. Menopause may be part of the picture, but the workshop is about midlife more broadly: the load you are carrying, your nervous system, changing capacity, coping and what your body may be communicating.

CLARITY

Notice what is happening for you now.

CONFIDENCE

Understand and trust your own signals a little more.

CHOICE

Explore practical options for what might help next.

What we explore

The invisible load

The responsibilities and emotional load that often stop being counted.

Stress & capacity

Why sleep, pressure and changing capacity can leave everything feeling harder.

Your nervous system

A simple way to recognise your own early warning signs.

The stress bucket

What is filling your capacity — and where even 5% more space might come from.

From thinking to noticing

Moving out of your head long enough to notice what your body is telling you.

Somatic Breathwork

A guided experience to connect, notice, settle and reflect.

What to expect

Reflective • Practical • Experiential

THE MIDLIFE RESET • CLARITY • CONFIDENCE • CHOICE

You will be invited to pause, notice and reflect on your own experience. There is no expectation to share anything you would rather keep private, and there is no “right” way to experience the workshop or the breathwork.

Is this for me?

You may recognise some of these experiences:

- ✓ I don't feel like myself anymore.
- ✓ Feeling exhausted, stretched or overwhelmed.
- ✓ Finding it difficult to switch off or sleep well.
- ✓ Carrying responsibility for everyone else and having little left for yourself.
- ✓ Feeling that the old “push through and keep going” approach is no longer sustainable.
- ✓ Wanting practical tools and a little more space to think about what the next chapter could look like.

Somatic Breathwork — moving from understanding into experience

“Somatic” simply means relating to the body.

The workshop includes a guided Somatic + IQ™ Breathwork experience as a way to reconnect mind and body, become curious about what is happening internally, and notice what shifts as the practice settles. No previous breathwork experience is required.

New dates coming soon

[Contact us to register your interest](#)

Interested in joining us? Get in touch to register your interest, and we'll let you know when new workshop dates are announced.

Try it first — free 6-minute Morning Reset

If you would like to experience a short Somatic Breathwork practice first, try the free Morning Reset:

[Watch the FREE 6-minute Somatic Breathwork Morning Reset](#)

Your Launchpad to Freedom

www.yourlaunchpadtofreedom.com

Start where you are. Notice what you need. Choose what comes next.