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Your year of Team PAUSE



MyResetMode

Master the PAUSE.

Power lives in the PAUSE. Calmness brings clarity.

One company. Up to 25 employees. Twelve months of self-guided practice. Your company representative downloads each released pack and shares it internally. A self-guided, research-informed workplace programme, with a seven-day free trial followed by £149 annual renewal. Employees do not need accounts.

Your rhythm

Try one two-minute routine during the working day. Choose one weekly prompt for private reflection or an optional five-minute team check-in. Taking part is invited, never assessed. You do not need to disclose personal feelings to colleagues.

Self-guided workplace learning, not medical advice or a replacement for professional care. PAUSE must not be used to excuse excessive workload or unsafe conditions.

FIVE-MINUTE SETUP

Ready, without a kickoff call

1. Note your library start date, end date and next release date.
2. Download the current workbook, desk card and reminder.
3. Share the introduction below with up to 25 employees. Do not share your account password.
4. Choose a voluntary weekly check-in within an existing meeting, or let colleagues practise privately.
5. Keep reflection sheets private. Review practical working agreements, not individual emotions.

A message to share

We are trying Team PAUSE: a short way to notice pressure, make room to think and choose a useful response. Each month brings one topic and four small experiments. Participation is optional. You can reflect privately and never need to share personal experiences. We will also address unclear priorities, workload and other causes of pressure rather than asking everyone simply to cope.

Important: If longer exhales feel uncomfortable, breathe normally and simply slow the pace. Stop if you feel dizzy or unwell.