

Regulation That Supports Real Life

For people who think fast, feel deeply and rarely pause long enough to meet what's driving them.

I offer immersive and experiential sessions that help the system settle and create space inside.

When people are regulated, their thinking sharpens and collaboration feels easier.

People often notice the weight of stress, anxiety, grief or tension, only once their system is finally allowed to settle.

A reset gives them room to reconnect with their own rhythm so they move through their day with clearer focus and a calmer presence in their lives.



Meet Jo Lothian

My approach is shaped by years of lived experience, trauma-attuned practice, embodied movement, and nutrigenomics.

I've worked with organisations including GE Healthcare, Kiddylicious and UK Athletics and spoken at events including Transform Trauma at Oxford University and The Therapy Show

This work speaks in particular to audiences in the Global Majority community, or anyone working with generational family challenges.

My sessions feel grounded, human and give people time to truly connect with themselves.

What Is The Happy Reset?

The Inherited Patterns Project helps people understand responses held in their body and mind, especially if life has been challenging, demanding or shaped by earlier childhood experiences.

The method blends mental health support with emotional processing, trauma-informed movement and nutritional insight. Each element supports the other, making it easier for people to regain a clearer sense of themselves.

Nearly three-quarters of UK adults describe their daily pace as 'unrelenting' yet few have tools to settle their system. ~ NHS Wellbeing Survey, 2025



Immersive Experiences

Every setting has its own tempo. Sessions are adapted to fit the culture of the group; large audiences, private clients or mixed environments.

Available formats:

- Immersive workshops
- Keynote-style sessions
- Movement-led release work
- Nutrition and lifestyle insight
- Themed experiences: fatigue, burnout, peri/menopause, performance blocks, grief, ancestral patterns, emotional load or loneliness

People leave with something they've felt in their body, not just something they've heard.



What People Notice Afterwards

A reset often brings a sense of returning to centre. People describe sharper focus, balanced energy, better communication, and a sense of inner awareness and compassion for others. They recognise their responses earlier and feel more able to respond rather than react.

“What an amazing experience! Thanks to Jo for her knowledge and outstanding techniques. We have now trained our bodies to eliminate unwanted stress and tension.” ~ J Compino

Bring The Reset Into Your Space

Sessions are shaped around your environment, whether that's a workplace, retreat, festival, members club, school or conference space.

Ready to bring this experience to your team, retreat or event? Jo is available across the UK and internationally.

Scan the QR code or contact:
info@thehappyreset.co.uk

