



AT ONE WITH NATURE

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Taming The Tiger.

Regulation, Readiness and Resilience In Education



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At One With Nature supports schools, staff and students through **trauma-aware, neuroscience-led** training that's **rooted in lived experience.**

Our work helps people make sense of **anxiety** and **behaviour** - starting with what's happening inside the nervous system.

From there, we build the foundations for real change:
Regulation. Readiness. Resilience.

Through honest conversation, engaging metaphor and practical tools, we help staff and students **understand what's really happening in the space between reaction and action** - so they can meet challenge with calm, connection and clarity.

This is about more than wellbeing.
This is about life, growth, and owning the present moment.

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Regulation Before Resilience in Schools

In today's education system, both staff and students are under pressure like never before.

Behavioural challenges, high-stakes accountability, and post-pandemic mental health needs all contribute to a climate of persistent stress.

When the nervous system is **dysregulated** - whether due to **trauma**, **chronic stress**, or a **lack of emotional safety** - it hijacks our ability to stay **calm**, **connect**, and **think clearly**.

For staff, this impacts **classroom management**, **professional confidence**, and **wellbeing**.
For students, it **impairs attention**, **learning**, and **emotional regulation**.

Burnout in schools is no longer the exception - it's the norm.

- In 2024, **78%** of school staff reported symptoms of stress, and **1 in 3** said they were actively considering **leaving the profession due to mental health concerns**.¹
- Over **60%** of teachers say their **workload is unmanageable**.²
- Behaviour-related **exclusions have risen by 25%** in the past two years, and many schools now report an increase in **dysregulated or trauma-affected behaviour**.³

And yet, we continue to ask for **resilience** without first creating the conditions for **regulation**.

This is where our work begins.

When teachers and students learn to **recognise stress** in the body (interoception), **understand what triggers their responses** (neuroception), and **build co-regulation** into their daily interactions, everything shifts.

From there, we help schools move beyond firefighting behaviour - and towards environments where **regulation**, **readiness** and **resilience** can truly grow.

WE TAME THE TIGER - TOGETHER.

Regulation is not just a wellbeing strategy. It's the foundation for everything else.

1. Education Support (2024). Teacher Wellbeing Index 2024. [educationssupport.org.uk]

2. NEU (2025). Teacher Workload and Retention Report. [neu.org.uk]

3. DfE (2025). Pupil Behaviour and Exclusion Statistics in England. [gov.uk]



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Our Programmes



The Sabre-Tooth Tiger Problem

A compelling, neuroscience-led introduction designed to help school leaders reframe how they understand stress, behaviour, and relationships.

This session explores what happens when the brain's survival system takes over in everyday situations - moments of pressure, miscommunication, challenge or change. We call these our **“sabre-tooth tiger moments”**: when the primal brain responds as if we're under threat, even when we're not.

For leaders, this work offers a **shift in mindset**. It invites a **deeper understanding** of how **stress** and **anxiety drive behaviour** in both adults and children - and how **emotional regulation** (or the lack of it) **shapes every classroom, corridor and conversation**.

Participants learn to recognise their own **stress responses**, **decode those of others**, and begin to **change the internal and interpersonal dynamics** that often go unspoken.

This is more than professional development. It's a **foundation for cultural change**.

When leaders **model regulation**, their teams begin to follow. **When staff feel safe, students are better able to learn.**

And when the tiger is tamed, whole-school transformation becomes possible.

This is where change happens - by owning the space between reaction and action.



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Our Education Programmes



The Superpower of 3

Regulation. Readiness. Resilience. In that order.

The Power of 3 is a **trauma-aware, neuroscience-led, fully inclusive** programme designed to help **secondary and post-16 students** better **understand their internal world, navigate difficult emotions, and build meaningful, sustainable change** in how they **respond to stress, pressure and relationships**.

Rooted in **lived experience** and **designed with real-life application in mind**, the programme **equips young people with practical tools** to:

- Tune into **what's happening** in their **body** and **nervous system**
- **Recognise** how **thoughts, emotions** and **behaviours** are linked
- **Interrupt unhelpful patterns** and **choose intentional responses**
- **Strengthen** their **sense of agency, connection** and **self-trust**

What's in it for your school or setting?

- **Reduces behaviour escalation** by **building self-awareness** and **regulation**
 - Develops **emotional literacy, reflection** and **personal responsibility**
- Offers a **clear, shared language** around **response, triggers** and **co-regulation**
 - Supports **pastoral, safeguarding** and **personal development** priorities
- Helps staff and students **connect** with **greater understanding** and **empathy**
 - Integrates movement, breathwork and reflective practice into delivery

The Power of 3 **empowers** students to **move beyond autopilot reactions** - to **pause, reflect, and respond** with **more clarity, confidence** and **control**.

Why it works:


- Grounded in **neuroscience**, delivered **without jargon**
- **Relatable, real, and relevant** to the **pressures young people face today**
 - Combines **movement, breathwork, metaphor** and **meaning**
- **Created by someone who lives this work** - not just teaches it

When we tame the tiger, we change the outcome.

We don't just teach regulation. We teach how to own today



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What Makes Us Different?

Chris, the founder and director of **At One With Nature**, is an **experienced educator and trauma fighter**.

Having lived with **Post-Traumatic Stress Disorder** for over a decade, he created **At One With Nature** to rewrite his own story - and to **share the lessons learned** from **rebuilding his life, his identity, and his purpose**.

Our programmes are different because:

- A)** Chris has **lived what he teaches**. He's been the teacher who's struggling, the colleague who's not okay, the person whose world fell apart. He understands the isolation, shame, and loss of self that often come with mental injury and ill health - and **he knows** what it takes to **come back from the edge**.
- B)** Every technique we use has been **road-tested in real life**. These are the strategies that helped Chris return to the classroom after 5.5 years of rehabilitation - and that **he still uses daily** to regulate, reframe and stay grounded in moments of chaos.
- C)** Our approach is built on **neuroscience** and **psychology**, but it's delivered in a way that's accessible, inclusive and practical. We recognise that no two pupils—or staff - are the same, and one-size-fits-all solutions rarely stick.
- D)** The **impact reaches far beyond the school gates**. This work supports **stronger emotional regulation, deeper relationships, and improved wellbeing**—for staff and students alike.
- E)** There's **no fluff, no jargon, and no waiting list**. Just powerful, immediately usable tools that create real change - and all they require is your time.

We help you own the moment - so your staff and students can own their future.

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Working With Us

At One With Nature provides **practical, neuroscience-led**, support for schools, designed to **embed emotional regulation, readiness, resilience**, and a **wellness culture** across your whole community.

We offer:

- **1:1 Coaching and Mentoring** - for pupils or staff, delivered in 4-week cycles or as ongoing support
- **Group Workshops** - interactive sessions for pupils, staff, or mixed groups—delivered as one-offs or as part of a phased programme
- **Whole-Staff or Department CPD** - half-day or full-day training tailored to your school's needs
- **Custom Programmes** designed with your setting in mind—perfect for SEND, pastoral, transition, or behaviour support teams
- **School or Trust-Wide Bespoke Training and Consultancy Services** - bespoke, longer-term partnerships to develop emotionally safe, regulation-informed practice across multiple sites or systems

Packages start from £750—this typically covers a standalone workshop or half-day CPD session. Bespoke pricing is available for full-day delivery, trust-wide training, keynote events or consultancy packages.

To explore what might work for your school:

Scan the **QR code** or visit www.owntoday.life

Email info@owntoday.life or call Chris directly on **07966 077447**

You don't need to have it all figured out—just own today.



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