

**Sustainable leadership is not about enduring pressure.  
It is about expanding capacity.**

**Pressure → Regulation → Clarity → Action → Recovery**

---

Most leadership breakdown is not a skills problem.  
It is a capacity problem.

When the nervous system is overloaded, intelligence narrows and strategy collapses into urgency.  
Executive capacity restores the conditions required for performance under pressure.

# Capacity Reset Intensive

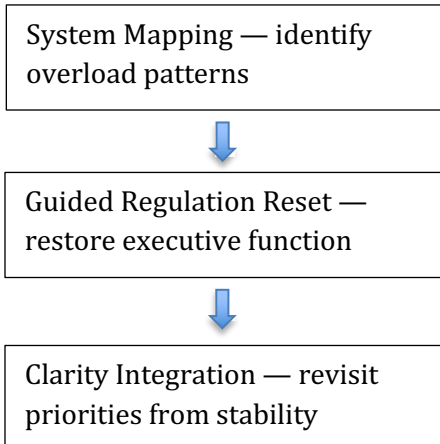
Executive nervous system reset for leadership teams

## The Problem

- decision fatigue
- escalating conflict
- defensive communication
- urgency-driven leadership
- narrowed thinking
- alignment breakdown

**These are physiological overload patterns — not personality issues.**

## The Intervention (90 minutes)



## Outcomes

- restored executive presence
- clearer decision-making
- improved communication
- reduced internal tension
- faster alignment
- renewed strategic focus

Teams leave calibrated, not drained.

## Format

90 minutes | Leadership teams (4–12) | Virtual or on-site

**Investment** €3,500 – €6,000

*Leadership capacity is infrastructure.*

Applied nervous system infrastructure for modern leadership — The Capacity Movement

Jürgen Wiehn | Marian Duven  
The Capacity Movement