



## Nervous System Regulation

### "Resetting the Vagus Nerve" — Implementation & Training

A neuroscience-informed initiative focused on nervous system regulation, stress recovery, and emotional resilience for both students and staff.

Resetting the Vagus Nerve functions as a universal Tier 1 support, strengthening nervous system regulation across classrooms and school environments, while also providing targeted regulation strategies for Tier 2 and Tier 3 students who require additional support.

The practices introduced are:

- Developmentally appropriate
- Non-clinical
- Easily embedded into daily school routines
- Aligned with MTSS frameworks

### Investment Components

- Implementation materials: approximately \$500-\$1,000  
(*Creating a vagus nerve regulation space for students and staff to use throughout the school year, implementing regulation strategies.*)
- Professional learning & implementation support:
  - \$500 per session, 8 sessions
  - \$4,000 total
  - 60–90 minutes per session
    - Best recommendation is weekly or biweekly for impactful scaffolding, reflection and utilization
  - In-person, all sessions are experiential
  - \*Each session may be utilized as a stand alone \$500 per session

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## **Coaching & Implementation Support (Optional)**

### Ongoing Consultation and Support

- \$40 per hour
- Commonly used to support:
  - MTSS teams
  - School leadership
  - Counselors and instructional staff
  - Application of training to real student needs - case load

Supports implementation fidelity, problem-solving for complex learners, and sustainability beyond professional learning sessions.

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