



NeuroBalance Project

*"Every Brain Deserves to Be Understood —
We Equip Minds to Find Emotional Balance,
Learn, and Build the Strength
to Thrive Through Life's Challenges."*

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

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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