

THE THRESHOLD · BY UNMUTESELF

Programme Brief

Six entry points into where organisational change actually sticks.

Every programme here is designed and delivered by psychotherapists — not coaches, not trainers, not motivational speakers. Each one works at the level where behaviour actually changes: belief, pattern, identity, and the nervous system underneath all three.

What follows is the gist of each — who it's for, what your people walk away with, and how it's delivered. A side-by-side comparison of all six is next, with a full one-pager for each programme after that. Tap a title below to jump straight to it.

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All Six Programmes, Side by Side

Not sure which one fits? Start here.

Reading the Org. Level column — a filled dot means that level is a fit, a hollow dot means it generally isn't:

● Entry-Level / Individual Contributors ● Mid-Level / Team Leads & Managers ● Senior Leadership / CXO

PROGRAMME	ORG. LEVEL	BEST FOR	CORE OUTCOME	TYPICAL FORMAT
The Inner Edge	○ ● ● Mid to Senior Leadership	Leaders and teams whose blind spots cost more than their skill gaps show	A personal trigger map and measurably fewer reactive moments	Full workshop arc + 30-day plan
The Regulated Leader	○ ● ● Mid to Senior Leadership	Leaders who are “always on” and dysregulating their own teams	A 5-minute regulation toolkit, usable anywhere	Half/full day, or 21-day digital follow-up
The Conscious Executive	○ ○ ● Senior Leadership / CXO	Leaders performing authority more than living it	A leadership manifesto and steadier decisions under pressure	Full day, 2-day residential, or cohort series
Safe to Speak	● ● ○ Entry to Mid-Level Teams	Teams where the real opinion comes out in the corridor, not the room	People say what they think, where it counts	Half-day or full-day workshop
The Restoration Protocol	● ● ● All Levels	Burnt-out high performers, and the conditions that burned them out	A personal 60-day recovery roadmap	Half/full day, or 6-week series
Sell From Within	● ● ○ Entry to Mid-Level Sales Teams	Salespeople whose results lag their actual capability	Inner blocks cleared; 2–3x conversion gains reported	Full-day, 2-day, or weekly series

The Inner Edge

Emotional Intelligence & Inner Awareness

○ ● ● **Best Suited For: Mid to Senior Leadership**

Feel it. Name it. Lead from it.

WHO IT'S FOR

For leaders and teams where the problem isn't a skill gap — it's the brilliant decision-maker who leaves damage in their wake, the team that hits its numbers but doesn't talk to each other, the high performer who can't see why people keep leaving.

WHAT THEY WALK AWAY WITH

- ✓ A personal emotional trigger map, built in the room and kept for life
- ✓ A measurable drop in reactive behaviour within four weeks, tracked rather than assumed
- ✓ A shared emotional vocabulary across the team — fewer blow-ups, less left unsaid
- ✓ A 30-day practice plan with peer accountability built in

FORMAT	WHY THIS IS DIFFERENT
A full workshop arc across six modules, roughly a day's work, plus a structured 30-day practice plan. Half-day and full-day options on request.	Facilitated by a psychotherapist, not a trainer — the trigger work goes to the actual pattern and its origin, not just a shared vocabulary for it.

The Regulated Leader

Stress Regulation Through Mind-Body Practices

○ ● ● **Best Suited For:** Mid to Senior Leadership

Your nervous system is your first workplace.

WHO IT'S FOR

For leaders running on adrenaline who are setting the stress level — and the emotional tone — for everyone around them, often without realising it.

WHAT THEY WALK AWAY WITH

- ✓ A personal regulation toolkit — five techniques, each usable in under five minutes, at a desk
- ✓ A measurable drop in perceived stress within three weeks, tracked via the PSS-10
- ✓ Better sleep and daily energy reported by most participants within 30 days
- ✓ A 21-day guided audio programme that keeps the practice alive after the workshop ends

FORMAT

Half-day or full-day workshop across six modules, a 90-minute standalone session, or a 21-day digital follow-up. Custom combinations available.

WHY THIS IS DIFFERENT

Delivered by psychotherapists who know which practices are contraindicated for which stress histories — not a generic breathing class borrowed from a yoga studio.

The Conscious Executive

Conscious & Purposeful Leadership

○ ○ ● **Best Suited For:** Senior Leadership / CXO

Lead from the inside out.

WHO IT'S FOR

For senior leaders who have become so good at performing authority that they've lost track of who they are underneath it — and whose teams feel the gap even when they can't name it.

WHAT THEY WALK AWAY WITH

- ✓ A completed personal leadership manifesto — honest, specific, and theirs
- ✓ The capacity to hold complexity and ambiguity without reactive collapse
- ✓ Decision confidence rooted in values, not hierarchy or the fear of being wrong
- ✓ A noticeable drop in performative leadership, as reported by their own teams

FORMAT

Full-day immersive for intact leadership teams, a two-day residential for senior leaders, a monthly cohort series over six months, or a one-on-one executive intensive.

WHY THIS IS DIFFERENT

Identity work requires clinical skill, not a competency framework. This is led by a psychotherapist, not a coach or a keynote speaker.

Safe to Speak

Psychological Safety & Authentic Communication

● ● ○ Best Suited For: Entry to Mid-Level Teams

Say it in the room, not the corridor.

WHO IT'S FOR

For teams where the real opinion only comes out after the meeting ends — where the silence has gone on so long that nobody notices it anymore.

WHAT THEY WALK AWAY WITH

- ✓ A team that can name disagreement in the room without it turning into conflict
- ✓ A shared, practised language for psychological safety — not just a value on the wall
- ✓ Fewer corridor conversations, and more of the real one happening where it counts
- ✓ A concrete protocol for raising hard things, tested live during the session

FORMAT

Half-day or full-day workshop, with an optional manager-specific follow-on session for sustaining the practice.

WHY THIS IS DIFFERENT

Built and facilitated by a psychotherapist, so the safety created in the room is real — not a one-day performance of openness that evaporates by Monday.

The Restoration Protocol

Burnout Recovery & Resilience

● ● ● Best Suited For: All Levels

From surviving to sustaining.

WHO IT'S FOR

For your highest performers — the ones already burning, who are the last to say so because saying so feels like failure.

WHAT THEY WALK AWAY WITH

- ✓ A personalised 60-day recovery roadmap, calibrated to their own stress signature
- ✓ A measurable drop in exhaustion scores within 60 days, tracked rather than assumed
- ✓ Managers equipped as early-responders to burnout, rather than unconscious accelerators of it
- ✓ A shared organisational language around capacity and limits, removing the stigma that keeps burnout invisible

FORMAT	WHY THIS IS DIFFERENT
Half-day intensive, full-day deep dive across six modules, a six-week session series, or a smaller leadership-cohort format.	Treats burnout as a physiological and psychological state, not a productivity problem — led by a psychotherapist, not a wellness coach.

Sell From Within

Subconscious Sales Performance

● ● ○ Best Suited For: Entry to Mid-Level Sales Teams

When the subconscious sells, the conscious mind just watches.

WHO IT'S FOR

For sales teams whose results don't match their actual capability — where the gap isn't technique, it's the inner state they're walking into the call with.

WHAT THEY WALK AWAY WITH

- ✓ A complete subconscious selling protocol, built during the workshop and theirs permanently
- ✓ The specific limiting beliefs sabotaging performance — surfaced and replaced
- ✓ A reliable pre-call state-access routine, deployable in under five minutes
- ✓ Documented 2x–3x conversion improvement among participants who keep the daily practice

FORMAT

Full-day intensive, a two-day immersive across all seven modules, a weekly session series, or a sales-leadership format with added one-on-one sessions.

WHY THIS IS DIFFERENT

The only programme in India working at the level of inner state rather than sales technique — built on the Silva Method, HeartMath, and NLP, delivered by psychotherapists.

THE THRESHOLD · BY UNMUTESELF

Begin the Conversation

Tell us what you're dealing with. We'll tell you which door to open.

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