

# Micro-Script Training

Practical language tools to reduce burnout, strengthen boundaries, and improve communication in allied health and education.

## One-line promise

Micro-scripts are short, repeatable phrases that help professionals stay calm, clear, and boundaried in high-pressure moments - without over-explaining or carrying work home.

## Who this training is for

- Allied health teams (SLP, audiology, OT/PT, nursing, counseling, and related disciplines).
- Educators and school-based providers (special education teams, intervention teams, and administrators).
- Clinical directors, department leads, wellness/HR teams, and professional development coordinators.

## Best fit when your team is dealing with

- High caseloads and time pressure; constant triage and interruptions.
- Emotionally charged conversations with families, patients, students, or colleagues.
- Documentation strain and the feeling of never being caught up.
- Scope creep, role confusion, and boundary erosion.
- Burnout patterns, cynicism, compassion fatigue, and imposter moments.

## What participants gain

- A shared language system for boundaries, de-escalation, and recovery.
- Short scripts to interrupt stress and respond rather than react.
- Clear next-step language that protects time and standards.
- A practical reset routine to reduce post-conversation replay.
- Tools leaders can reinforce for consistent team communication.

## How micro-scripts work

**Interrupt** the stress response (create a pause).

**Reframe** what is true (without spiraling or self-blame).

**Act** with one next step (clear boundary, clean decision, calmer tone).

**SOS alignment:** Sense It (notice) - Own It (name the need) - Shift It (choose the language) - Live It (take the next right step).

## Sample micro-scripts (included in the training)

Moment	Micro-script	Best for
Boundaries (scope and time)	<b>I can't do that today. I can do ____.</b>	Last-minute requests and scope creep
Imposter moments	<b>This is a moment of pressure - not proof that I'm failing.</b>	Anxiety spikes, self-doubt, feeling behind
De-escalation	<b>Let's slow this down. Here's what I'm hearing, and here's what I can do next.</b>	High emotion; move to a clear next step

## Formats

- **Keynote (60-75 minutes):** High-impact overview + practical scripts + live examples.
- **Workshop (90-120 minutes):** Practice lab + scenarios + team starter script library.
- **Half-day (3-4 hours):** SOS implementation + scripts for your top stress points + reinforcement plan.
- **Series (3 sessions over 3-6 weeks):** Best for adoption, accountability, and leadership follow-through.

## What your team receives

- Micro-Script Starter Set aligned with SOS (printable).
- Boundary Scripts pack tailored to your environment.
- De-escalation and next-step scripts for high emotion moments.
- 15-minute reset routine for between sessions or post-shift recovery.
- Implementation guide for team leads (reinforcement and adoption).

## Planning process

- **Request a date** and preferred format (keynote, workshop, half-day, or series).
- **15-minute alignment call** (audience, setting, outcomes, and scenarios).
- **Delivery** (virtual or in-person).
- **Follow-through** (tools + reinforcement plan).

### Next steps

- 1) Download the training overview.
- 2) Request team training dates.
- 3) Book a discovery call for leadership alignment and implementation planning.

## Facilitator

K. Todd Houston, Ph.D. is a Professor of Speech-Language Pathology and a coach focused on practical, repeatable behavior change for helping professionals. His work centers on the Micro-Script Method and the SOS Model as tools for reducing burnout, strengthening boundaries, and improving communication under pressure.