



REAL

HUMAN PERFORMANCE

Workforce Resilience

Stress Management + Wellbeing



Real Humans

Continuous success and output are largely dependent on understanding individual energy conservation and how to efficiently meet the demands of the day.

One of the greatest threats to the modern-day workforce is how humans live so reactively, haphazardly and unwittingly turnover their available energy capacity to the prevailing stressors of the day. Even worse, they often don't realize they have an alternative.

REAL Humans are uniquely complex beings and yet we hold and react to stress in predictable ways. The REAL Team assesses energy leaks and eradicates discernable stressors that are often non-obvious to the individual. We discover how well your humans and organization are rolling in the wellness wheel by mapping overuse and underuse in each wellness node.

Real Wellness Wheel



Redefining Stress

Stress gets a bad reputation. Stress is simply a demand on your energy and toxic stress is becoming a norm. Quick reaction and high performance are often desired job traits, although most people are unaware of how nonstop reactivity, without appropriate recharge, chronically depletes and overloads the human system. *Until we're met with the crashing waves of overwhelm, the joyless fizzle of burnout or awakened by debilitating autoimmune or another major health scare, most folks fail to make the necessary changes to support themselves.* Even then, with a confusing amount of health



information available, it is nearly impossible to determine what's right for each individual, leaving the question, "how" and "what now?"

REAL Difference

Real Human Performance is a resilience building resource for your bright minds to regain control and reclaim the quality of their day. The REAL difference is in our system-wide understanding of the communication network of the nervous system. Can you imagine working with all of the parts of a system but ignoring how all of the parts integrate and communicate? We take the guesswork out. Our specialization in trauma-informed, chronic fatigue-informed and burnout resilience **and dedication to capacity management fulfills a missing component to workforce development training that overlooks personalized integration with 100% total satisfaction from program participants.**

Boost Awareness + Find Flow

Real Human Performance is a way of living and our team guides your workforce to **boost efficiency by reducing resistance in life, on and off the clock, to tap into flow with greater ease and intention.** Our expertise is finetuned from 20+ years in the applied health and human performance training of everyday humans within two NFL franchises, three military branches, dozens of corporations, hundreds of humans in recovery, thousands of helping professionals and endless veterans combatting the invisible wounds of battle.

Real Commitment

We share in the belief that your humans are the most important resource - *they deserve the opportunity to fine-tune skillfulness, expand resourcefulness and feel aware and happier in the process.* **We deliver personalized nervous system resilience that enables real-time micro-resets that yield capacity gains to empower your humans to feel situated, resourceful and capable wherever/whenever, especially in the moment of stress.**

With REAL insights and everyday skills, your humans will be ready to **reset in the moment, recharge throughout the day and restore to meet the demands of the next day.** Create the space for your team to harness their real potential: access their talent, remove barriers to their effort and harness skills to lean on their specialized training.



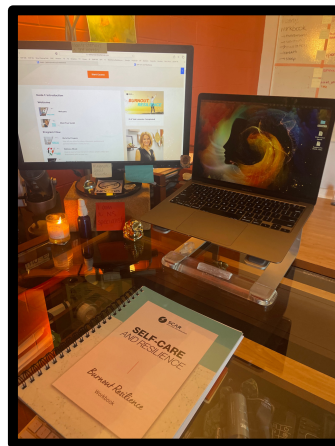
Real Process

We value establishing health-focused relationships with growth-oriented organizations. Each collaboration begins as a conversation to determine challenges and prioritize perceived needs. Upon agreement, we apply our proprietary process to deliver proven strategies and evidenced-based programming to your team.

Self-Care and Resilience Programs

Self-Care and Resilience™ or SCAR is our flagship training. We deliver trauma-informed and nervous system-based programming to harness Real-Time Resilience, build Everyday Resilience and reestablish Burnout Resilience. **Take the guesswork out and confidently provide insights across each wellness node.**

- Real-time Resilience: reset in the moment, recharge thought the day, restore appropriately at the end of the day.
- Everyday Resilience: foundations of nervous system resilience + distress tolerance.
- Burnout Resilience: holistic approach to energy capacity, nervous system regulation + lifestyle inflammation.



Each online or in-person participant can receive:

- Self-Care and Resilience™ workbook
- ABCs of Presence video
- Self-Care and Resilience™ video library



Customized Presentations

Provide energizing and practical content for your professional development trainings, continued education credits, lunch and learns, retreats and client appreciation events. A la carte packages are offered in tiers so you can deliver what your team needs to feel present and resourced:

- Workforce Resilience and Wellbeing Customized Presentation (1 session)
- Workforce Resilience and Wellbeing Program (6 total sessions)
- Workforce Resilience and Wellbeing Program + Three Custom Topics (9 total sessions)
- Workforce Resilience and Wellbeing Program + Six Custom Topics (12 total sessions)

Customized topics are welcomed to meet the needs of your unique workforce. Below is a sampling of previous presentations:

Nutrition + Hydration

Fuel Yourself: Nutrition and Hydration
Mindful Eating 101

Mind Maintenance

Mindfulness 101
Meditation 101
Mindful Everyday Living
Befriend Your Inner Critic
Address Automatic Negative Thoughts
Re-Program Limiting Beliefs
REAL Potential: Goal Setting
Shift-It: Creative Breakthroughs

Stress and Nervous System

Stress Management
Forming New Habits
Mindful Wakeup Routine
Real-Time Resilience

Posttraumatic Growth
Breathing Through Stress
Trauma-Informed Breathwork
Expand Your Window of Tolerance

Mindful Movement

Yoga Therapy
Yoga for Chronic Back Pain
Mindset Yoga for TBI

Community + Spirituality

Anxiety Education, Awareness + Strategies
Reestablishing Energetic Boundaries
Clear Your Energetic Field Post-Patient Load
Burnbright after Burnout
Reigniting after Compassion Fatigue
Building Addiction Resilience
Traumatic Brain Injury Resilience
Trauma-Informed Care and Language



Presentation Flow

Real Human Performance presents in-person and via live recordings. Presentations are typically delivered in 45-60 minutes. Each presentation contains:

- Foundational education to normalize and relate to unique workforce
- Refinement of new skills
- Call to Action to implement strategies
- Real-time Q&A
- Digital practices for individual download and perpetual access (video and/or audio file)
- Recorded presentations stored on the REAL secure server or yours for future access

Client Snapshot

- Hotel California by the Sea
- New Horizon Recovery Centers
- Forensic Evaluation Center
- Central Clinic
- Court Clinic
- Cincinnati Bar Associates
- Akron Bar Associates
- Kentucky Court System
- Hamilton County Treatment Court
- KY Health Collaborative
- The Health Collaborative
- Greater Cincy Behavioral Health
- Clermont County Mental Health
- Boone County Mental Health
- Southwest Ohio TIC Collab
- The Hope Center
- PreventionFIRST!
- Beechacres Parenting Center
- Rites of Passage
- OH Mental Health & Addiction Services
- Kentucky Prevention Network
- Mental Health America
- Private Physicians Networks
- St. Elizabeth Hospital
- Cincinnati Children's
- The Drake Center
- Cincinnati VA Medical Center
- Dayton VA Medical Center
- Detroit VA Medical Center
- Syracuse VA Medical Center
- VA PTSD/TBI Residential
- Fort Thomas Domiciliary
- The Joseph House
- Tamar's Center
- Cincy TBI/Stroke Support Group
- Blinded Veterans Association
- 1N5
- University of Cincinnati
- Oak Hills High School
- Sands Montessori
- Notre Dame Academy
- MinedXAI
- Burnbright
- Horan
- Fidelity
- Paycor
- Gorilla Cinema Presents
- Kao Brands
- GE Aviation
- Civil Solutions
- American Micro
- Beechmont Automotive Group
- RISE News
- Bachmeyer Press
- LoveYourBrain Foundation
- Mindful Yoga Therapy
- The Cincinnati Bengals
- The Cleveland Bro



Client Testimonials

"I found myself staying surprisingly positive while working and even managing to enjoy it. I think that asking myself/reminding myself of what I am grateful for during this time of dysfunction and madness in the larger world has helped me to appreciate that I am still employed, making good money, have a nice place to live and friends and family." - FEMA Agent

"For the first time in a long time, I was able to fall asleep without crashing or passing out." - NFL Athlete

"They taught me how to RESET myself wherever I am - on the field, at practice or with my family. The practices work for me and I taught them to my daughter. - NFL Athlete

"As a therapist, clients consistently tell me how impactful your groups are to them. Working on mindfulness techniques are integral to their recovery; it helps them learn to sit with their emotional and physical discomfort and to be in the moment. They gained an understanding of the powerful connection between the mind and the body and how to tap into that connection to support their recovery and their overall wellbeing. - HCBTS Therapist

"On a daily basis, I am interacting with several individuals who all have different needs. Learning skills through Jen's presentations helps me to refocus and fully be present for my client I am working with at that time." Greater Cincinnati Behavioral Health Therapist

"I have shared the techniques you taught us at the summit to numerous coworkers." - GE Aviation

"The practices helped get through an incredibly difficult day and that calm continues to resonate with me. - Kao Brands

"I laughed, genuinely laughed for the first time in memory." - Cooper

"Feels like layers of pain was relieved after today's session and some trust restored in the foot. Excited to see where this goes." - Jodi

"I have only been to two sessions but I am loving it! I have come out of those meetings feeling mentally refreshed. I've noticed that I have more energy on the days we've had the sessions and I'm trying some of the different techniques on the days we don't have sessions. -Kao Brands

"I've been finding my sense of pain passes more quickly than expected." - Laura

"It's very exciting for me continuing to realize how rapidly and deeply I can shift states of being," - Leo

"Before the Corporate Resilience training, I was easily overwhelmed, found myself more worried about what I couldn't get done that day verses what I could. Things had gotten so bad I was truly considering leaving a career and job that I have over 40 years in. I have my career back! We actually learned several techniques that allow me in my everyday life to regain control! I am so impressed with the training and Jen and what this has done for my life. I have given our company numerous staff member names that could benefit from this training." - Bill H., Beechmont Automotive Group

Make a REAL Difference

Email the REAL team at info@realhumanperformance.com. Together we'll discover how we can help you elevate your human potential and human performance.

