



# ***Increase Energy and Focus Through Easy and Impactful Biohacking Techniques***

## **Corporate Team Training Programs**

Does your team have untapped potential? Do you see the capabilities of your people shrouded by the stressors of life and work?

The reality is that personal and team performance are directly linked to personal health and our ability to adapt to our challenging work environments.

Our trainings expose barriers to personal performance and happiness. We create clear pathways to optimum team engagement and accomplishment utilizing customized biohacking solutions to significantly improve;

- **Team culture**
- **Health and Happiness**
- **Goal accomplishment**
- **The ability to focus and manage stress**
- **Effective communication and analytical thinking**

Together, we create the path to optimal performance. It doesn't have to be difficult, it just takes choice, commitment and accountability. We'll help you get there!

# ***Biohacking Health & Performance Training***



Clear Impact offers three or six module training programs. Each module is delivered in a three hour session with measurable learning outcomes that deliver immediate results.

Our ***Pathway to Health and Performance*** program delivers our first three modules, providing participants with the foundational knowledge and skills required to;

- Understand personal roadblocks to optimal health and performance
- Easily transform habits to ones that positively impact focus, cognitive and physical energy and personal vitality.
- Set and accomplish personal and business goals with an impactful and easy to implement process.
- Utilize proven core biohacking techniques to immediately impact all areas of personal wellbeing

Program Value - \$6,000 (up to 20 people, additional attendees add \$200)

Program Time - 3 X 3 hour sessions delivered weekly for 3 weeks.

Delivery Method - Classroom or live online

Assessment Method - Self assessment survey

Our ***Mastery of Personal and Team Performance*** Program builds on the core pillars learned in the first three modules by creating a foundational mastery of the six core biohacking areas with the incorporation of personal coaching to lock in long term results. This training provides the knowledge and skills to;

- Design personalized biostacking rituals to recapture youthful vitality and access previously untapped energy
- Develop the ability to sustain habits to improve mental acuity to significantly improve decision making, business communication and analytical thinking
- Create a culture based on accountability, positivity and service to one another

Program Value - \$10,000 (up to 20 people, additional attendees add \$400)

Program Time 6 X 3 hour sessions delivered weekly over six weeks.

Delivery Method - Classroom or live online

Assessment Method - Self assessment survey

This program includes individual access to trainers for personal coaching of up to 60 minutes per attendee.

## ***Pathway to Health and Performance***

*(3 modules)*



### **Module #1 - Intro to Biohacking and Habit Transformation**

#### **Learning Outcomes**

- An understanding of Cultural Norms and their impact on our nervous system and personal performance
- A knowledge of how habits are formed and the programming of daily actions
- The ability to use biohacking as a connection to our biological norms and access point to transforming habits while enhancing our daily performance
- The ability to utilize HRV breathing methodology - the first step in learning how to calm the mind to increase decision making effectiveness

#### **Measurables**

- The ability to recognize the difference between cultural and biological norms and assess their impact
- The ability to calm the mind in stressful moments to activate the executive function for clearer thinking and more effective decision making
- The ability to recognize and consciously change habits

### **Module #2 - Priming your Performance**

#### **Learning Outcomes**

- The understanding of brain function and how it may challenge our ability to change habits and the tools to overcome it
- The ability to create the ideal sleep environment and biohacking practices to deliver optimal rest and recovery
- Understanding how to design powerful goals and the highly effective “My First Ten” process for accomplishing them

#### **Measurables**

1. The ability to better recognize our automatic response in stressful situations
2. The skills required to start each day with increased mental energy and focus
3. The creation of goals and an achievement process that increases personal motivation and self regulation



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## **Module #3 - Developing Comprehensive Self Care**

### **Learning Outcomes**

- An understanding of how nutrition, movement, our environment and human connection impact our energy and our ability to manage daily stress
- The ability to utilize impactful and easy to implement biohacking techniques in each key area.
- The ability to assess which biohacking techniques work best in serving your personal needs

### **Measurables**

4. The tools to create a personalized structure of self care for a calmer mind, increased cognitive and physical energy and more vitality
5. Reduction in the physiological impact of stress
6. Increased personal work output and effectiveness

## ***Mastery of Personal and Team Performance***

*(6 modules - first 3 and following 3)*

## **Module #4 - Utilizing Nutrition to Optimize Performance**

### **Learning Outcomes**

- An understanding of the impacts of macro and micronutrients and how each plays a role in transforming food habits without any daily deprivation.
- An exploration into what key nutrients the brain feeds off of to stay focused and maintain daily energy and how to get them into our diet.
- The ability to create and implement personal and organizational daily nutrition routines for the work environment

### **Measurables**

- Effective nutrition in any work environment with minimal effort without giving up food enjoyment
- Optimized mental acuity and focus through micronutrient planning and supplementation
- Sustained energy throughout the day, avoiding the “afternoon crash”



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## **Module #5 - Biohacking the Work Environment**

### **Learning Outcomes**

- Understanding the components and biological impacts of the workplace environment including the modern phenomenon of EMF exposure
- The ability to adapt to our environment that we can't change
- Understanding how to effectively utilize natural movement and exercise through our workday

### **Measurables**

7. An adjusted workplace environment that supports cognitive performance and our ability to focus under pressure
8. Simple workplace movements that increase productivity and energy
9. Reduced stress and exhaustion and the end of the workday

## **Module #6 - Optimizing a Culture of Human Connection**

### **Learning Outcomes**

- An understanding of how our Cultural Norms have contributed to isolation and loneliness
- The power of teamwork and organizational culture and the keystone steps to nurture it
- The ability to create internal support & accountability structures

### **Outcomes**

10. Increased team performance and goal accomplishment
11. Greater teamwork and personal accountability
12. A top performing organizational culture

## Instructor Bio

Lead Instructor: Adam Hart



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Adam brings more than 12 years of corporate training experience working with forward-thinking organizations, optimizing human health for enhanced performance. A few of the organizations who have had the opportunity to work with Adam and Clear Impact over the years include Aritzia, GLBC, Home Depot, Telus, Arcteryx, UBC, YVR, Bell & RBC.

Adam's personal story of occupational burnout at a young age and how he rose from the overwhelm to become a beacon of health and a successful entrepreneur, has inspired thousands of people over his 400+ trainings and presentations.

Adam holds a bachelor's degree in Sociology, a diploma for international business management and is a certified *Psychological Health & Safety Advisor* awarded by the Canadian Mental Health Association.

Adam is also a bestselling author and a highly sought after keynote presenter.

**CLICK HERE TO  
Schedule a 20 minute  
call to get started!**