



PROGRAM OVERVIEW

The Stress & Recovery program is the first critical step in your journey of learning how to be at your best, more often, for the people and things that matter most to you.

You will reconnect with who you are when you are operating as your Best Self and identify, and remove, the two main barriers to being that version of you—the suboptimal response to stress (chronic and acute) and the lack of intentional recovery.

You will also gain a greater understanding of how to incorporate impactful behaviors, such as movement, breath, and hydration more consistently into your busy day, and learn a simple process to help your body transition from highly alert into sleep.

The program includes a strategic exploration of the stories that you have been telling yourself that may be impeding your growth. At the end of the program, you will develop a personalized action plan to begin your incremental journey to be your best, more often.

IHP CORE PRINCIPLES



Non-Linear Returns



Implemented Anytime, Anywhere



Bite-Sized, Practical & Actionable



Rooted in Science

INTRODUCTION

Gain a foundational understanding of the Human Energy System, and how our bodies derive energy and physically respond to stressors.

STRESSED SELF & BEST SELF

Establish greater clarity on what characteristics drive the best version of you (Best Self), as well as the sub-optimal version of you (Stressed Self), personally and professionally.

IMPACTFUL BEHAVIORS

Experience practical movement, fuel choices, and a breathing technique that can be immediately implemented anytime, anywhere to help you release stress, and gain more energy and focus.

EMOTIONAL REGULATION

Begin to develop a common language around your experience of the four quadrants of emotional regulation: high performance, stress response, forced recovery, and intentional recovery.

STORYTELLING

Learn the Story-Belief-Identity process and the two things you need to do in order to re-write any story that is leading to sub-optimal results in your life.

STRESS & STRESSORS

Reduce the impact of your chronic, “always on” stressors by learning how to examine the Volume, Intensity and Perception associated with each stressor.

Learn how to “name it to tame it” to release acute, unexpected stress more effectively, and maintain your ability to make logical decisions.

INTENTIONAL RECOVERY

Reframe the concept of recovery from a “future based” activity to a consistent practice of taking micro-breaks during your busy day.

Develop a personalized recovery menu that serves as your cue, resource, and plan to experience recovery throughout your day.

SLEEP

Learn a simple two-step process to help you transition from highly alert to ready for sleep and gain greater insight into sleep as the ultimate recovery tool.

IMPACTFUL GROWTH

Outline your 30-day micro mission—the start of your incremental journey to be at your best, more often—and commit to realistic, personalized rituals that you can consistently implement regardless of the type of day you are experiencing.

■ In-Person or Virtual

■ Full Day

PROGRAM OUTCOMES



Chart Your Direction

Gain clarity on who you are at your best, and the barriers to showing up as your Best Self.



Release Stress

Increase your ability to effectively respond to both chronic and acute stressors.



Rewrite Stories

Implement the process to challenge and change the stories that hold you back.



Supercharge Your Impact

Increase your human energy through moments of intentional recovery, impactful behaviors, and sleep so you can be at your best, more often, for the people and things that matter most.



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