



**IMPACT**

HUMAN PERFORMANCE

in partnership with



**SKI &  
SNOWBOARD**

bring you the

**IMPACT  
EXPERIENCE**

at the

**USANA CENTER OF EXCELLENCE**



In today's hyper-dynamic operating environment, the relentless demands on your time and energy can lead to overwhelming stress and a lack of intentional recovery which can diminish performance.

Imagine if you could harness your energy more effectively, transform stress into a catalyst for growth, and elevate your professional and personal life to new heights.

We invite you to join us for an exclusive 1.5-day training program in partnership with U.S. Ski & Snowboard at their renowned USANA Center of Excellence in Park City, Utah. This immersive experience is meticulously designed for busy professionals, aiming to revolutionize the way you manage energy and respond to stress.



**“ I HAVE BENEFITED FROM THIS PROGRAM FIRSTHAND, AND I'M THRILLED TO BE ABLE TO SHARE THAT EXPERIENCE WITH INDIVIDUALS AND ORGANIZATIONS WHO ARE SEEKING THAT ULTIMATE PERFORMANCE EDGE.**

—ANOUK PATTY *Chief of Sport, U.S. Ski & Snowboard*

## WHY ATTEND?

- **Elevate Your Performance** Learn cutting-edge strategies to optimize your energy levels, ensuring you perform at your peak even under pressure.
- **Transform Stress into Success** Develop resilience by mastering techniques that convert stress into a powerful motivator.
- **Enhance Decision-Making** Improve clarity and focus, leading to better decisions that drive business success.
- **Foster Meaningful Connections** Cultivate deeper relationships with peers and clients through improved emotional intelligence and communication skills.

## PROGRAM HIGHLIGHTS

- **Science-Backed Training** Our program is grounded in the latest behavioral science, offering practical tools to manage stress and energy effectively.
- **Expert Facilitators** Learn from seasoned professionals who successfully implement these strategies in top-tier organizations every day around the world.
- **State-of-the-Art Facilities** Train at the USANA Center of Excellence, a premier venue dedicated to elite performance, leadership, innovation and winning.



## IMPACT EXPERIENCE DATES

1

Sept 18-19 2025

2

Dec 11-12 2025

## LOCATION

USANA Center of Excellence / Park City, Utah

**SECURE YOUR SPOT TODAY**

Spaces are limited to ensure a personalized and impactful experience. Don't miss this opportunity to invest in yourself and unlock your full potential.

To register or learn more, visit [www.impacthumanperformance.com/usss](http://www.impacthumanperformance.com/usss) or contact us at [info@impacthumanperformance.com](mailto:info@impacthumanperformance.com)

**Elevate your energy. Redefine your stress. Enhance your growth.**

# THE IMPACT EXPERIENCE

## 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

1

**Non-Linear Returns**

2

**Implemented Anytime, Anywhere**

3

**Bite-Sized, Practical & Actionable**

4

**Rooted in Science**

### HUMAN ENERGY SYSTEM

Gain foundational understanding of 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.

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■ In-Person

■ 1.5 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.

# THE IMPACT EXPERIENCE BOOKING FORM

**IMPACT**  
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**SKI &  
SNOWBOARD**

First Name

Last Name

Organization

Address for Invoice

Email

Which Impact Experience Dates?

Sept 18-19 2025

Dec 11-12 2025

Number of Seats at \$1950.00



Please email completed forms to [info@impacthumanperformance.com](mailto:info@impacthumanperformance.com)  
or complete online booking form at [www.impacthumanperformance.com/uss](http://www.impacthumanperformance.com/uss)

