



Increase Energy, Focus & Overall Wellness Through Easy & Impactful Techniques

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 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!

Optimized Health & Performance Training



Clear Impact offers a self-paced on-line training program. Each module is delivered through 4-8 short video trainings supported by weekly group Q&A and discussion forums.

Our “Core” ***Unleash Your Energy*** workshop provides 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 techniques to immediately impact all areas of personal wellbeing
- Design personalized daily 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

Program Value - \$1,000/participant (minimum 4 participants)

Delivery Method - Introduction Seminar, Self-paced on-line learning, Weekly on-line real time discussion group

Assessment Method - Self assessment survey, progress tracking

Our “Committed” ***Unleash Your Energy*** workshop incorporates the complete ‘Core’ program supported by weekly personal one on one coaching to significantly increase the probability of success and lock in long term results.

Program Value - \$2,000/participant (minimum 4 participants)

Delivery Method - Introduction Seminar, Self-paced on-line learning, Weekly on-line real time discussion group, weekly one on one coaching

Assessment Method - Self assessment survey, progress tracking



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Introduction - Setting you up for Success

Learning Outcomes

- Understanding the logistics and resources available to you through the course
- Incorporation of a winning mindset
- Introduction to the self tracking assessment

Module #1 - Intro to Nervous System Optimization & Habit Transformation

Learning Outcomes

- An understanding of our biological norms and what our mind and body require to be healthy
- 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 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

- Review and cementing of the heartflow practice to develop the foundation for habit transformation
- Understanding how to design powerful goals and the highly effective “My First Ten” process for accomplishing them

Measurables

- The ability to better recognize our automatic response in stressful situations
- The creation of goals and an achievement process that increases personal motivation and self regulation

Module #3 - Introduction to the Natural Energy Accelerators with focus on the area of Sleep



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Learning Outcomes

- An understanding of how sleep, nutrition, movement, our environment and human connection impact our energy and our ability to manage daily stress
- An understanding of the importance of high quality sleep for energy enhancement, weight management and mental clarity
- The ability to create the ideal sleep environment and biohacking practices to deliver optimal rest and recovery
- The importance of light management for effective sleep
- How nutrition impacts our ability to enjoy quality sleep

Measurables

- The skills required to start each day with increased mental energy and focus

Module #4 - Utilizing Nutrition to Optimize Performance

Learning Outcomes

- An understanding of the history of food and where we went wrong
- An introduction to the “Just Add” model
- 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.
- An introduction to the value of Intermittent fasting
- An understanding of how light impacts our food
- 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”

Module #5 - How to Optimize Movement Instead of Exercise



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Learning Outcomes

- An understanding of the evolution of movement from being a species of activity to a sedentary culture
- An awareness of the relationship between health and comfort
- An ability to find your personal niche in the world of movement/exercise
- Understanding how to effectively utilize natural movement and exercise through our workday

Measurables

- More energy based on a more active day
- More available time to do what you enjoy instead of what you feel you have to do
- Reduced mental stress

Module #6 - Creating Healthy Work and Living Environments

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
- An understanding of the power and simplicity of grounding
- An understanding of the value of cold thermogenesis
- Simple tools and techniques to adjust our environments for optimum health
- An introduction to Biostacking to create efficiency with our healthy rituals

Measurables

- Adjusted workplace and home environments that supports cognitive performance and our ability to focus under pressure
- Simple workplace movements that increase productivity and energy
- Reduced stress and exhaustion and the end of the workday
- Techniques to aid in recovery from environmental stressors
- Improved time management through biostacking

Module #7 - Optimizing a Culture of Human Connection



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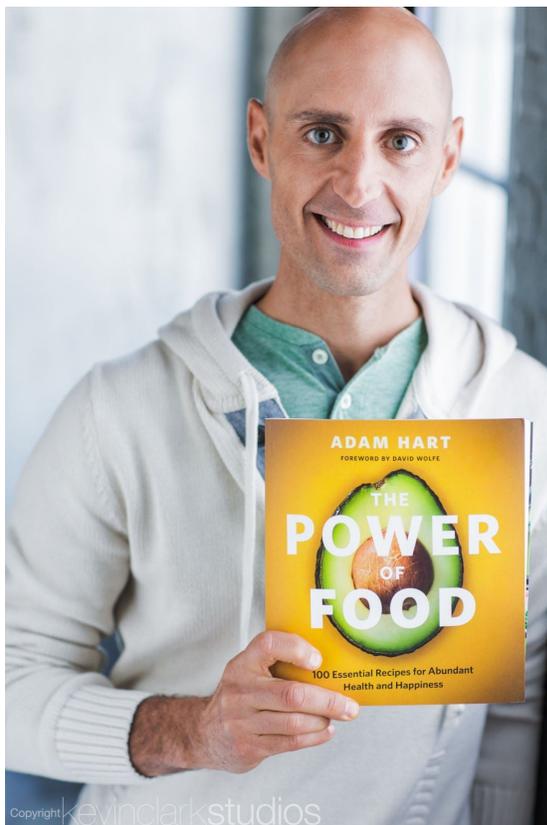
Learning Outcomes

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

Outcomes

- Increased team performance and goal accomplishment
- Greater teamwork and personal accountability
- A top performing organizational culture

Instructor Bio: Lead Instructor: Adam Hart



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.