

SORCE

Regenerating Human Energy



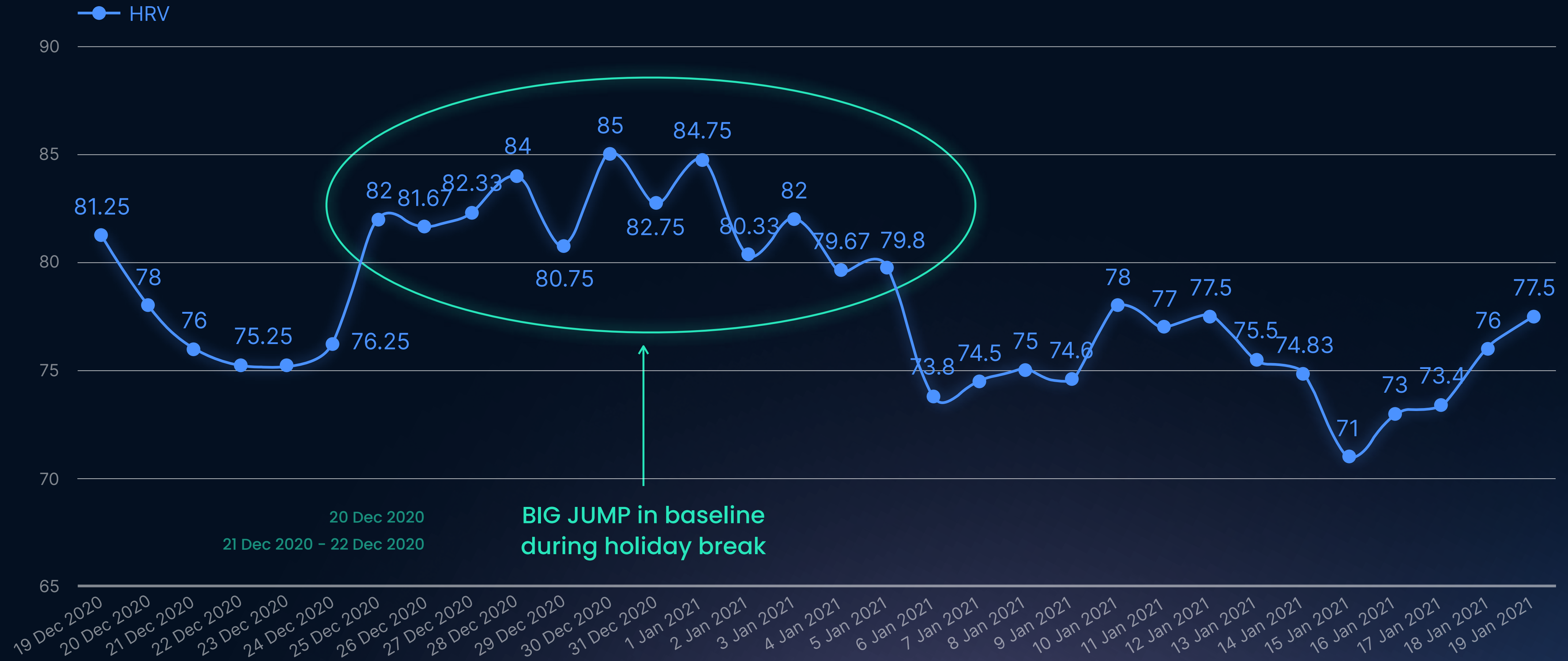
TEAM

DANONE

77.4

75% Engagement

19 Dec 2020 - 19 Jan 2021



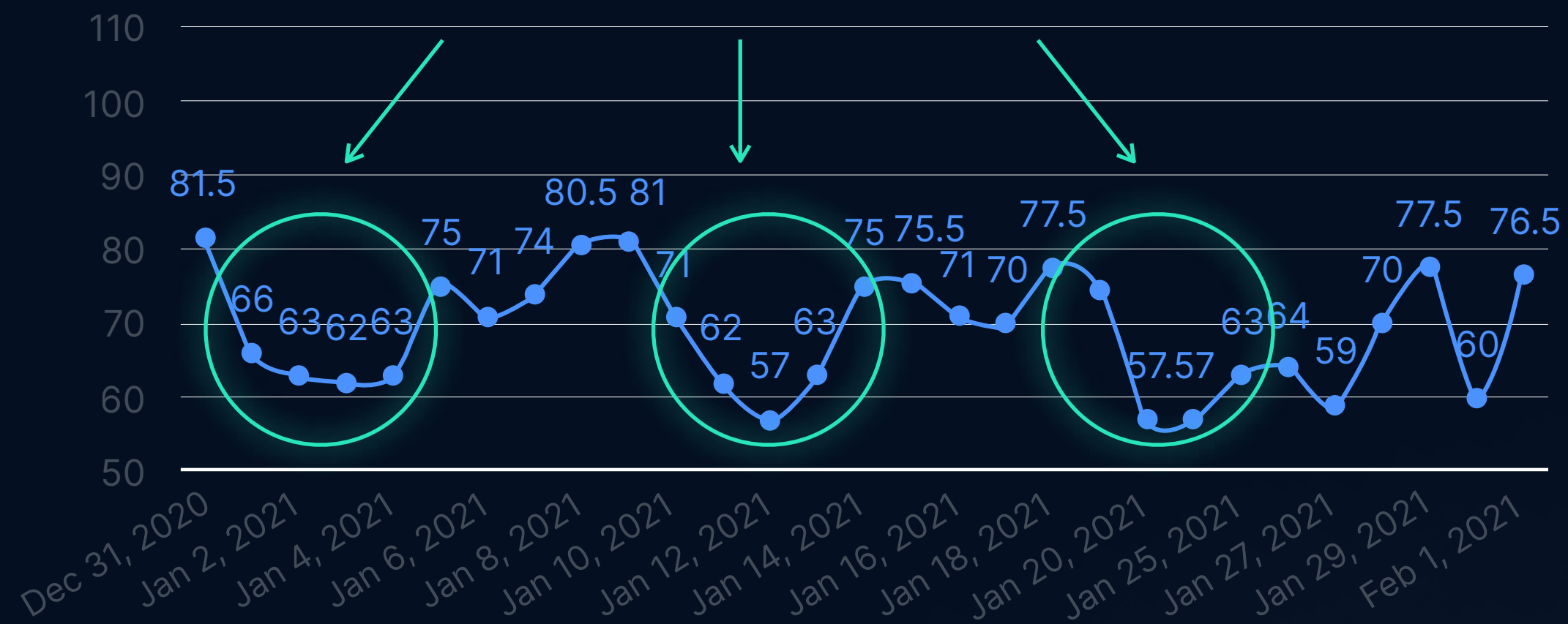
MARS | TEAM HRV

72% Engagement

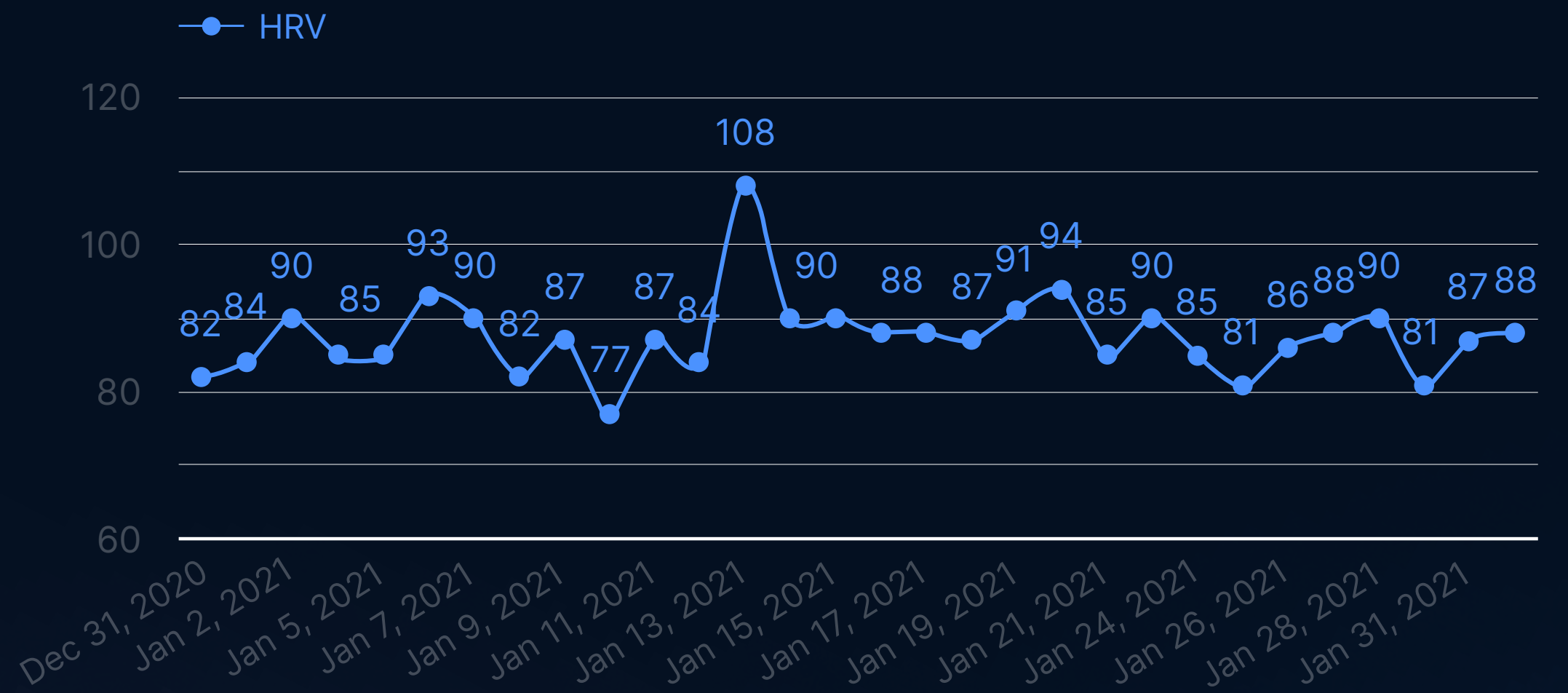
31 Dec 2020 - 1 Feb 2021

Banfield HRV 77.4

Team experienced repeated loss/grief due to COVID

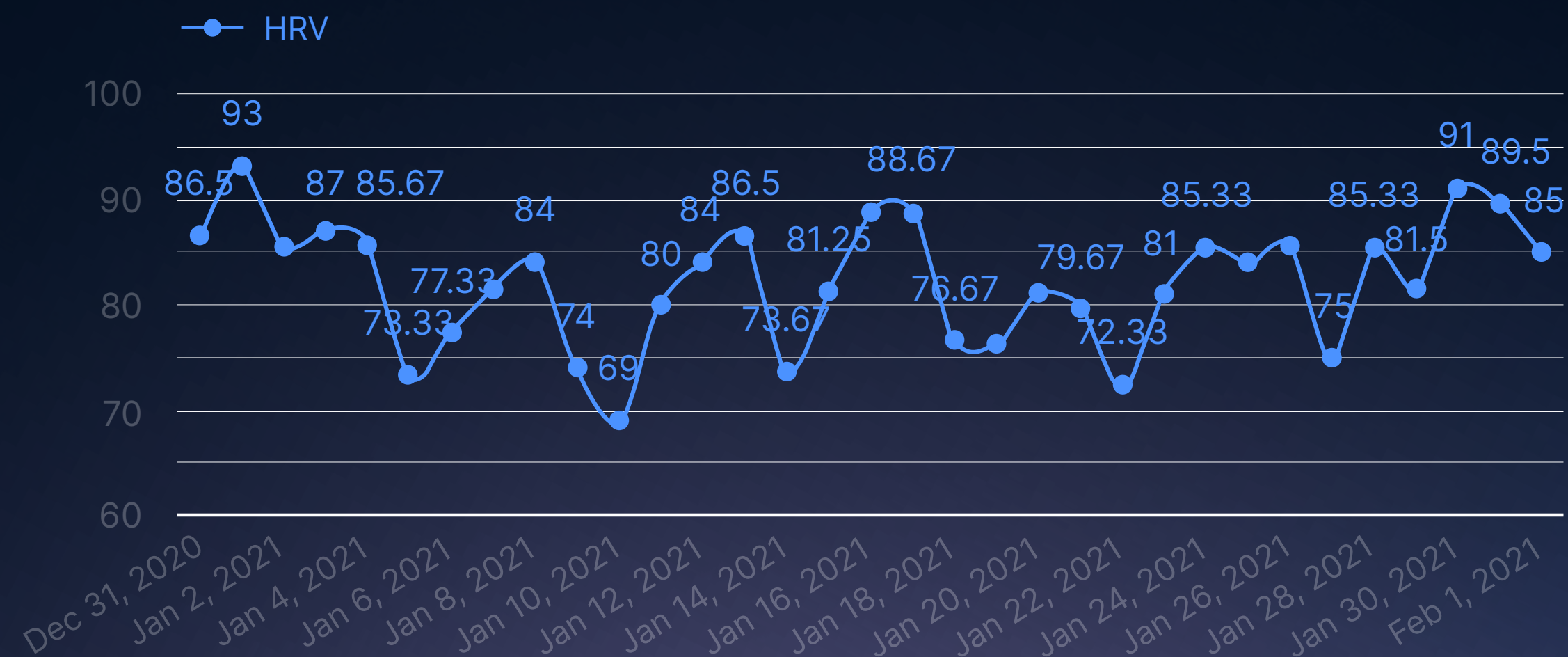


MVH / Antech HRV 77.4



Anicura / Linnaeus

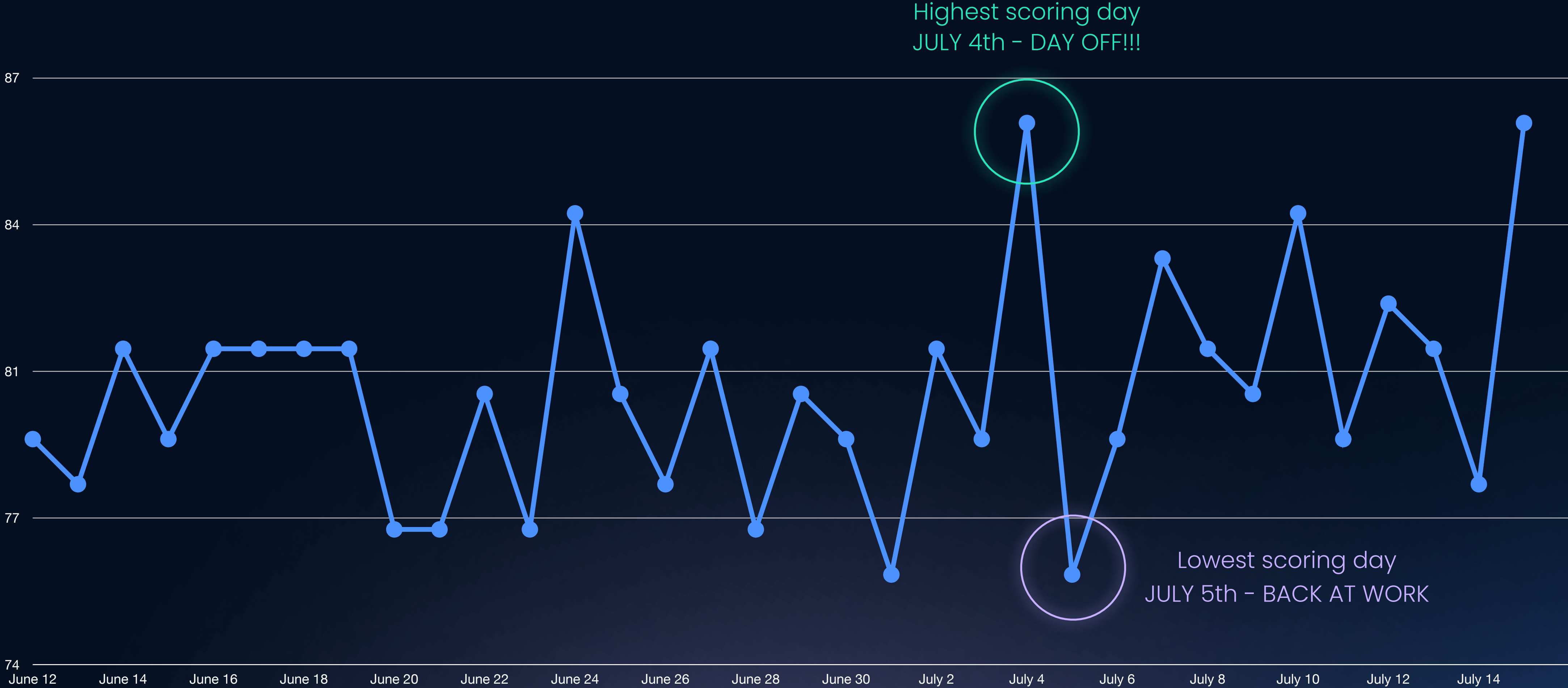
HRV 77.4



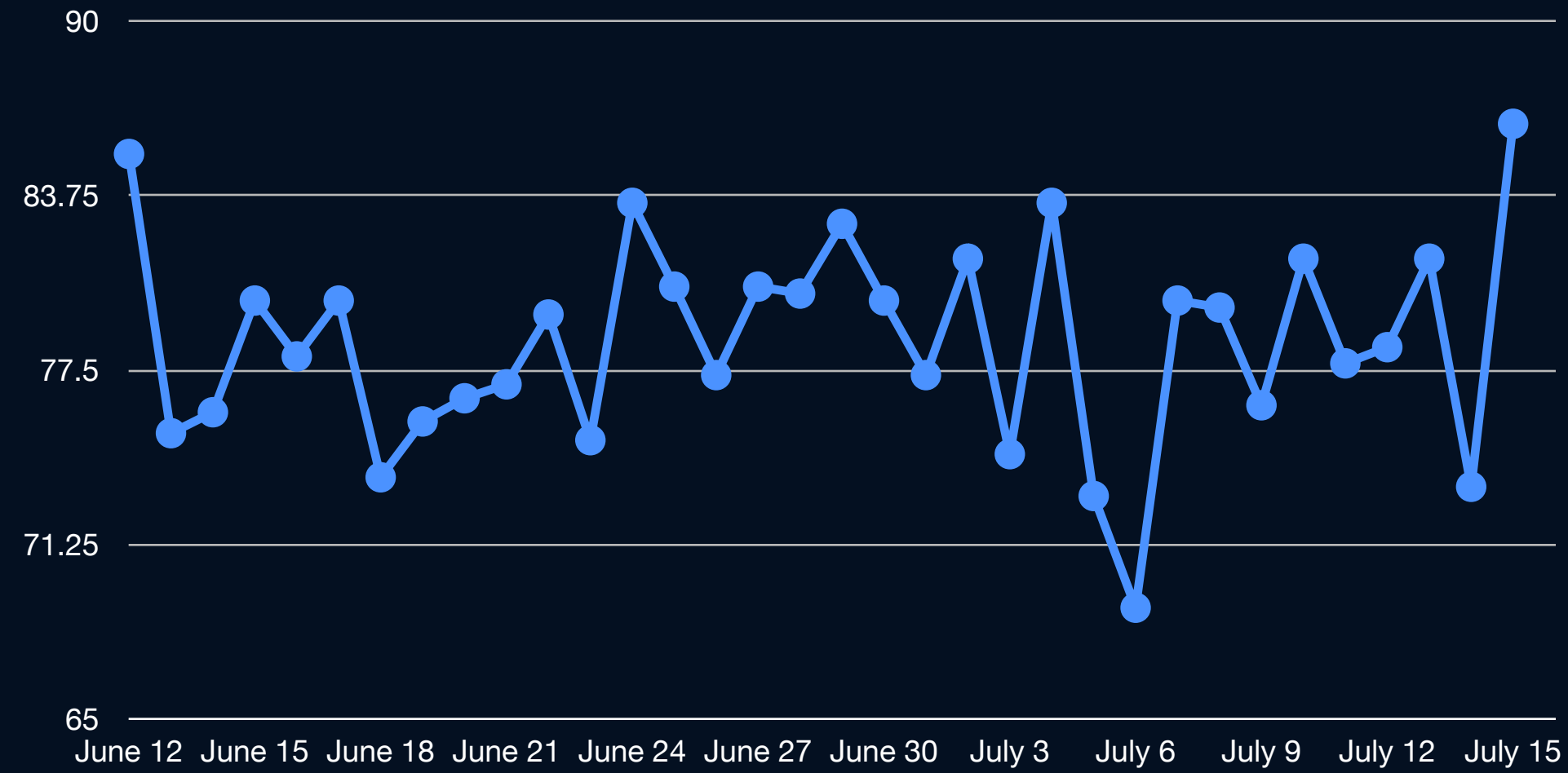
AUTODESK

69% Engagement

Jun 12 - July 15



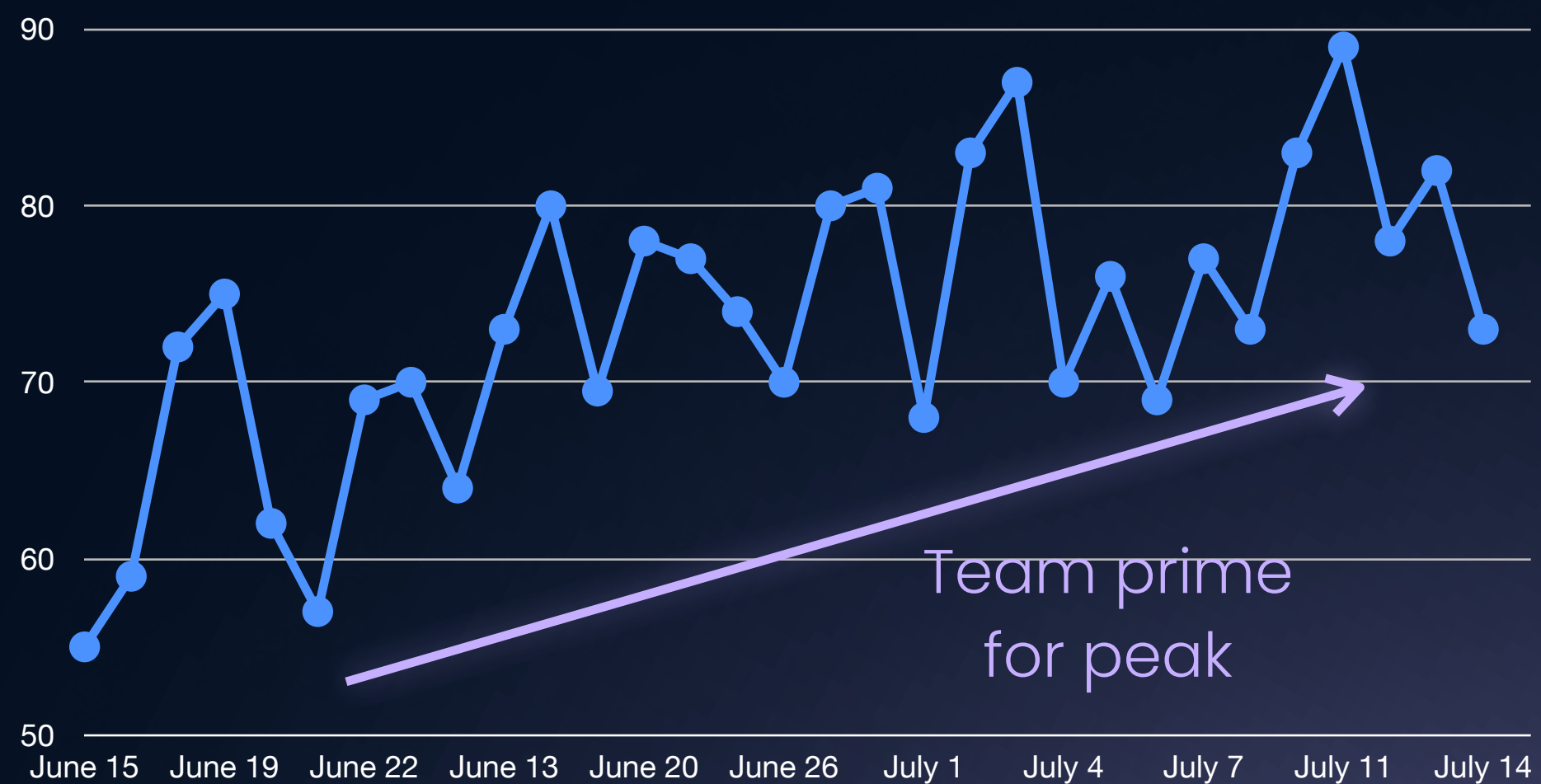
Sales = 78.54



Human Resources = 85.53



Operations = 73.92



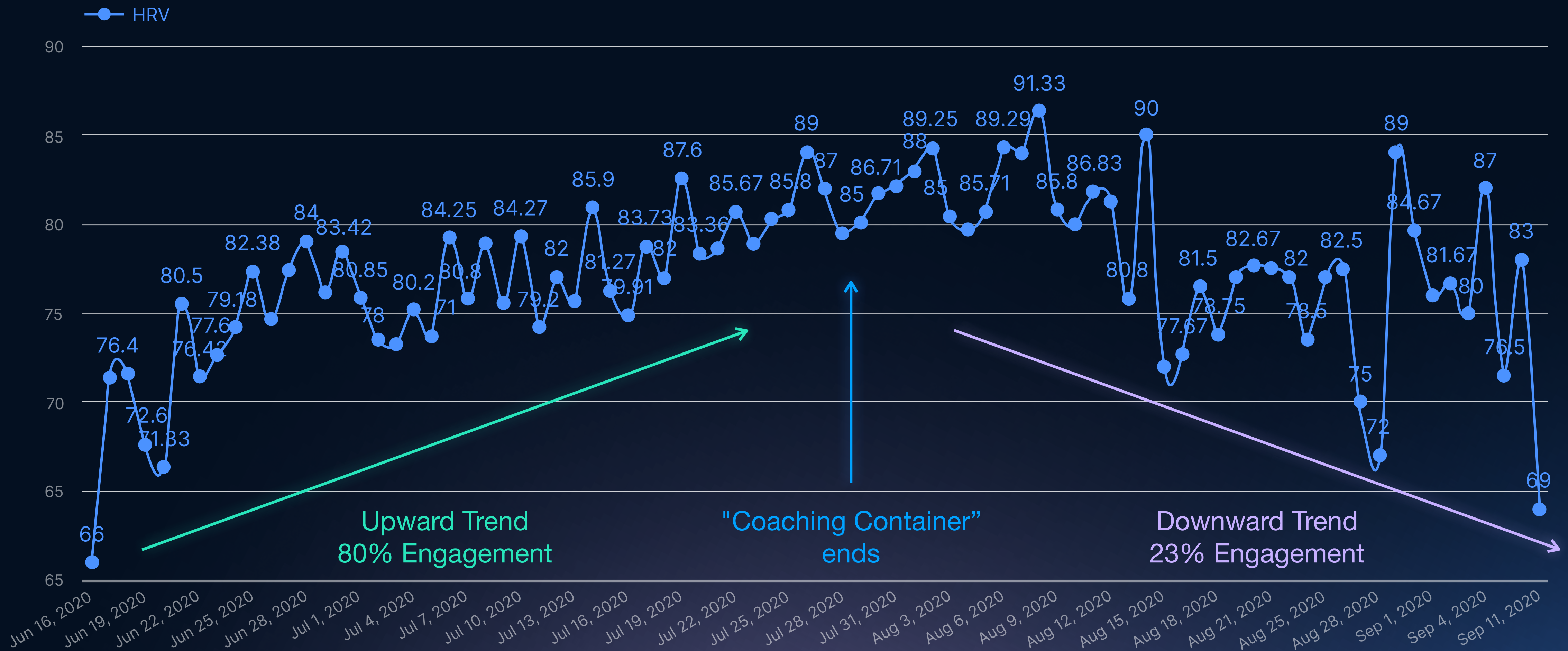
Marketing = 75.25



CONCERTO 82.58

Jun 16 - Sep 11

WHAT HAPPENS WHEN YOU TAKE THE COACHING CONTAINER AWAY?



CASE STUDY: CONCERTO

SORCE can be used for in-tact teams inside organizations. Here a coach gave Concerto Health's IT Team to get a "pulse check" on their health and readiness.

Modalities include: Simple awareness practices and lifestyle guidance

87%

Engagement Rate

100%

of people felt SORCE affected their life in a positive way

6%

increase in Group HRV Baseline by SORCE

4.8 out of 5

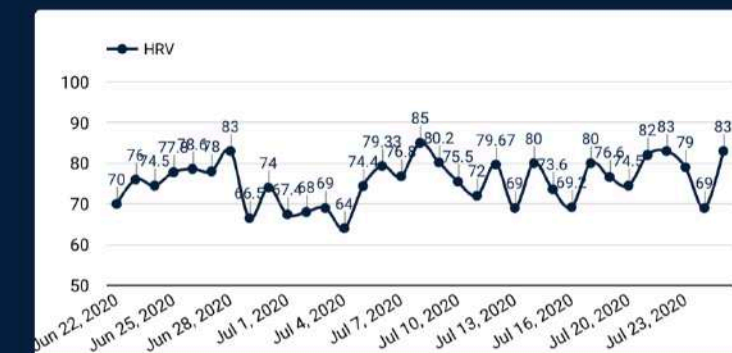
Overall Experience Rating

TEAM TRENDS

WEEK 1-5
Concerto IT Team

Jun 22, 2020 - Jul 26, 2020

MANAGERS HRV 75.56



ENGINEERS HRV 87.14



ANALYSTS HRV 87.51



LEADERSHIP HRV 75.52



HOW YOUR GROUP TRENDED

(JUNE 22- JULY 26)

HRV 82.01

22 Jun 2020 - 26 Jul 2020



CASE STUDY: Neuroscience Of Change

Lisa May delivered exceptional results deploying Neuroscience of Change for a group of 50 people over the course of 5-weeks.

Modalities include: Mindset, Visualization, Mind-Body-Soul connection

88%

Engagement Rate

100%

of people felt SORCE affected their life in a positive way

11%

increase in Group HRV Baseline by SORCE

4.9 out of 5

Overall Experience Rating

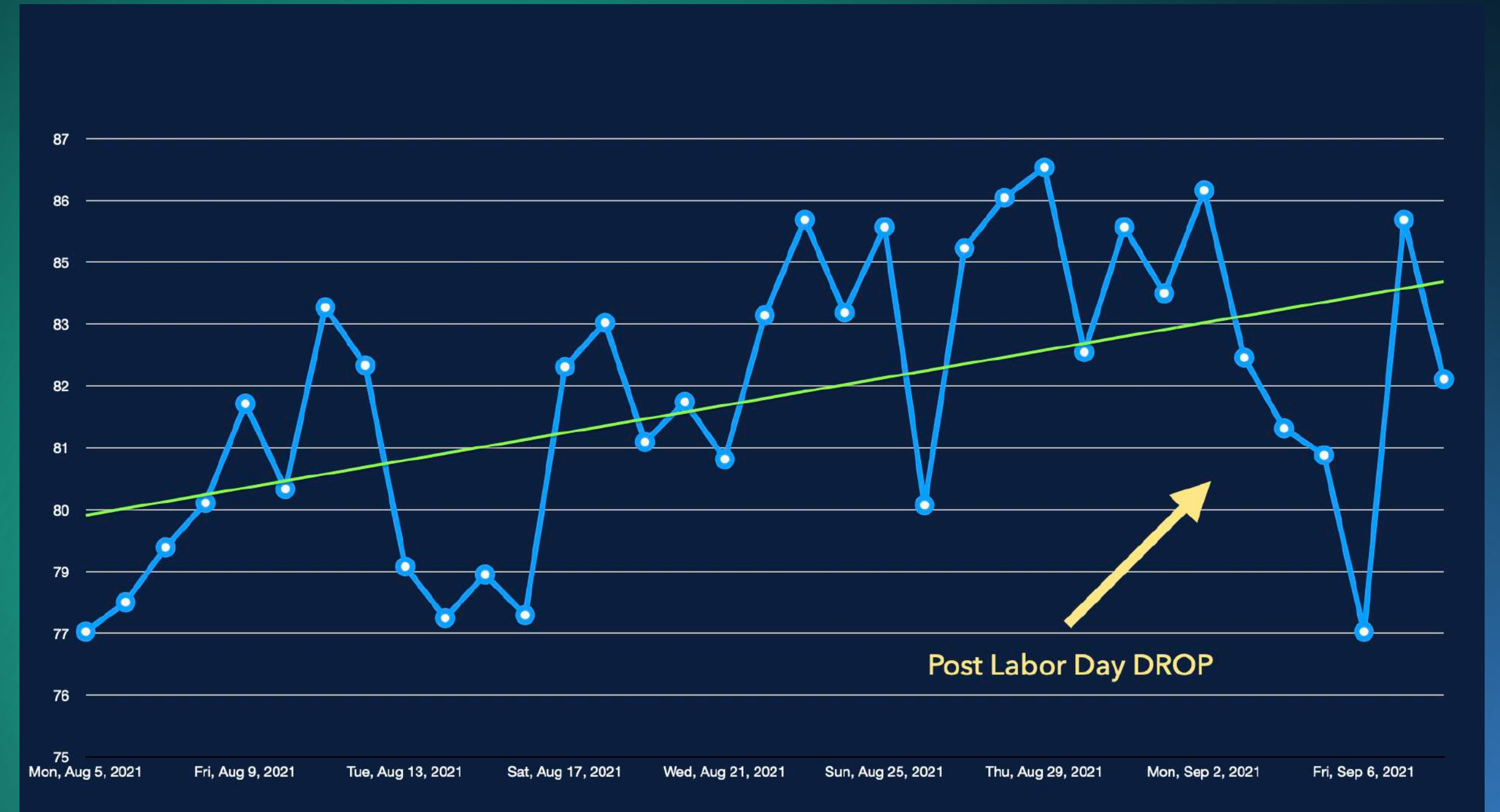


CASE STUDY: Inner Astronauts

21 Participants we led through a 30-day engagement after noticing the team was in need of support.

During this program participants learned how to energetically support themselves internally and externally as they endeavored to change their career, relationship or a pattern that no longer served.

Modalities included: meditation and behavioral psychology



74%

Engagement Rate

77%

of people felt SORCE affected their life in a positive way

4.8%

increase in Group HRV Baseline by SORCE

4.5 out of 5

Overall Experience Rating

CASE STUDY: Grounded & Peaceful

In this engagement, 39 people were guided through various energy management and self regulation techniques over a 5-week experience.

Modalities include: breath work, somatic practices, visualization

79%

Engagement Rate

90%

of people felt SORCE affected their life in a positive way

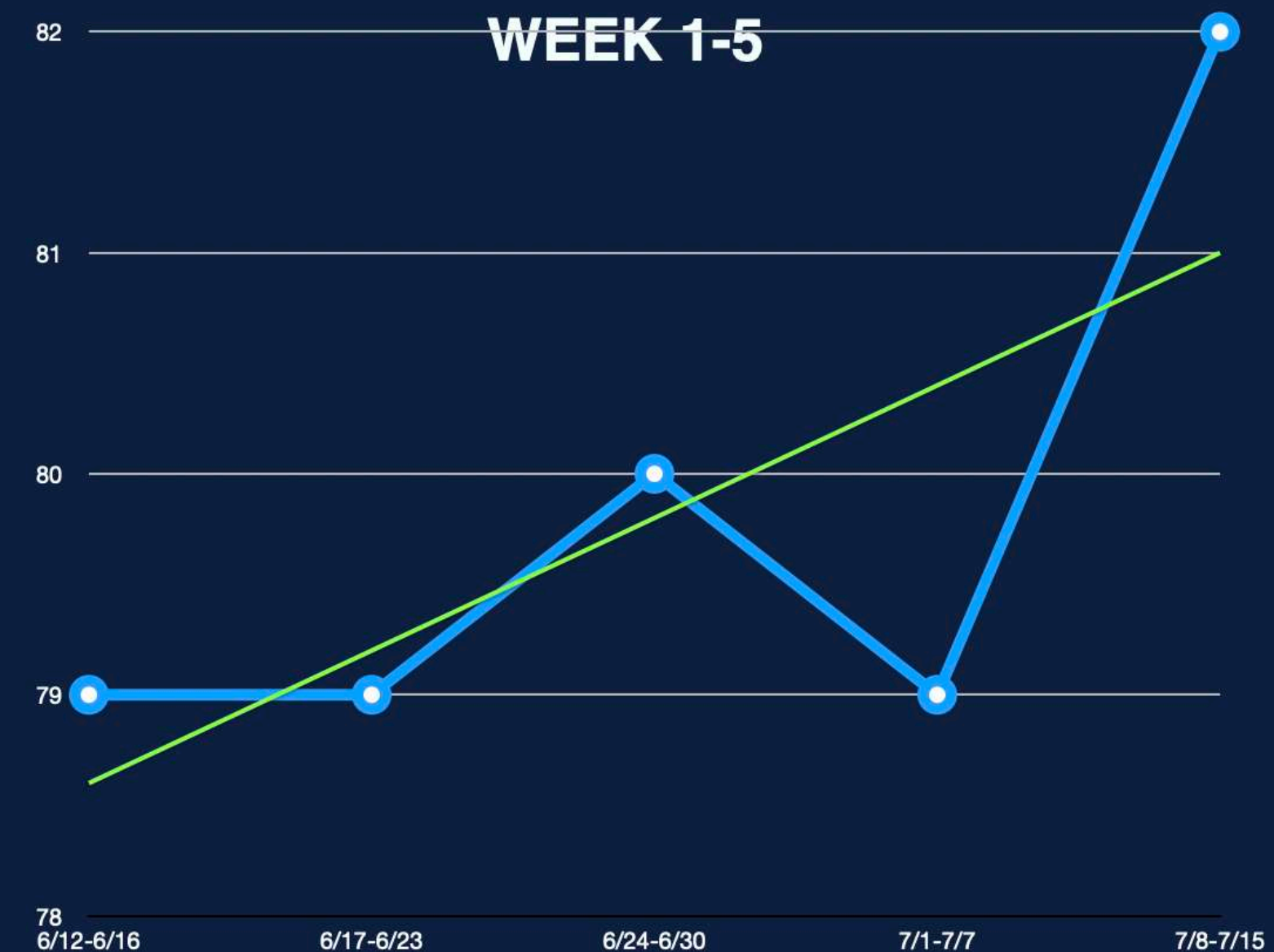
3.7%

increase in Group HRV Baseline by SORCE

4.6 out of **5**

Overall Experience Rating

WEEKLY GROUP HRV AVERAGE



Average work week HRV increased by 3.7%!!!

CASE STUDY: Strong Body, Happy Mind

This engagement leveraged food, fitness and mindfulness to increase resilience, confidence and contentment.

Modalities include: HIIT, yoga, clean eating, meditation, breath work

72%

Engagement Rate

92%

of people felt SORCE affected their life in a positive way

7%

increase in Group HRV Baseline by SORCE

4.6 out of **5**

Overall Experience Rating

