

# THE STAMINA PROTOCOL™

*Battle Burnout.  
Build Health & Happiness.*

**AVAILABLE**  
INSTRUCTOR-LED OR ONLINE  
EFFICIENT. EFFECTIVE. ECONOMICAL.

---

**DON BROWN**  
LEARNING & DEVELOPMENT

Helping People With People™

# THE STAMINA PROTOCOL™

## The health & happiness of your workforce matters.

The Stamina Protocol™ will address and remove the ill health, pain, stress, and lost productivity that impacts people across every industry.

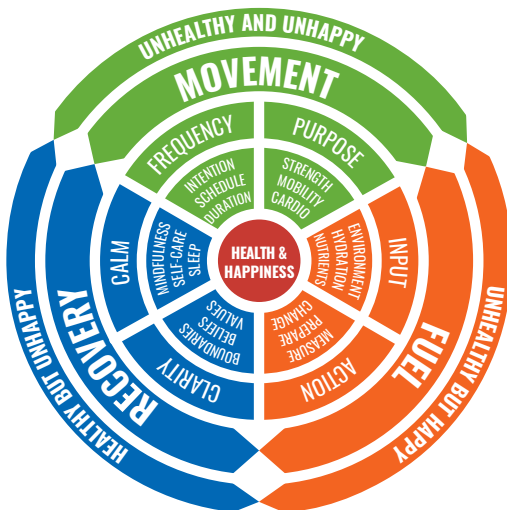
### This program will help your employees avoid and alleviate burnout.

People want to work for a company that makes them feel valued. *Show them* you want to improve their lives. The Stamina Protocol™ will increase the energy and resilience of each employee, resulting in a more engaged and motivated workforce.

The Stamina Protocol™ is for any organization that wants to:

- Battle burnout from the inside out
- Decrease missed days due to sick leave and worker's comp claims
- Decrease absenteeism *and* presenteeism
- Decrease employee healthcare costs
- Experience fewer accidents
- Decrease turnover
- Increase the productivity and engagement of your employees
- Increase the health & happiness of your entire workforce
- Promote wellness to drive success
- Establish a culture where employees feel they are truly valued

To achieve health & happiness and increase stamina, your employees need:



**Movement** – Move more often and with greater intention

**Fuel** – Maximize your environment and nutrition

**Recovery** – Slow down to gain clarity and calm

# PROGRAM MODULES

## DEFINING HEALTH & HAPPINESS

- No Normal Lifestyle
- The Return on Stamina
- Assess Yourself

## MOVEMENT

### Set Your Intention

- Time, Schedule, Focus
- Conscious Movement
- Need vs. Want

### Know Your Purpose

- Stronger, Faster, Better
- Train All Systems
- Do the Work

## FUEL

### Input

- Your Inner Circle
- Hydration is Key
- Eat *Real* Food

### Action

- What to Measure
- Work Your Plan
- Do Something Different

## RECOVERY

### Clarity

- Set Limits
- Change Your Mindset
- Remember Your Values

### Calm

- Slow Down to Speed Up
- Breath Keeps You in the Game
- You Matter

## STAMINA

### Capacity

- Best Practices
- Triggers
- Transformation

### Endurance

- Movement, Fuel, Recovery
- Excellence is a Habit
- *Your* Stamina Protocol

# THE STAMINA PROTOCOL™

The **Stamina Protocol™** will teach your employees how to:

- **Change Habits:** Identify what needs to change, what you need to do differently, and *how* to make it all a part of your lifestyle.
- **Get Stronger:** Literally! With access to workouts and tips for staying with a fitness routine, increased strength is guaranteed. There is also an online component containing 18 movement videos that focus on helping you get stronger.
- **Eliminate Pain:** The resources and movement videos address key exercises and stretches to target problem areas of the body. You will also have access to comprehensive guides for Yoga, foam rolling, and other self-care techniques.
- **Feel Better:** When you take action with the resources provided to implement movement, fuel, and recovery – you *will* feel better.

## PARTICIPANT SELECTION AND FOCUS

Dedication to the health & happiness of your employees begins at the top. To create a culture of wellness, implement The Stamina Protocol™ throughout all levels of your organization. To achieve immediate impact, begin with the most overworked section of your workforce *and their managers*. Managers drive change; their participation and buy in has a trickle-down effect on the success of the program.

Research tells us that the most committed and hardest working are those that tend to burnout the most. Burnout affects all levels of the organization and we will work together to make sure your needs are met.

Using the Lominger competency framework, primary focus areas include: Action Orientation, Career Ambition, Motivating Others, Patience, Perseverance, Priority Setting, Drive for Results, Self-Development, Time Management, Managing Vision and Purpose, and Work/Life Balance.

Secondary and tertiary focus areas include: Dealing with Ambiguity, Approachability, Caring about Direct Reports, Compassion, Composure, Integrity, and Trust.

## PRAISE FOR THE STAMINA PROTOCOL™

*“The Stamina Protocol™ was a success for me! At the beginning of 2018 I felt lazy in my personal life and not motivated at all to stay fit. My inner-self was not happy with that status. With this program, I found myself again. I was able to set the right objectives and work consistently on them with Natalie. I feel accomplished and enriched ... I feel strong!”*

**MIC MINARI** | Finance Manager, Dana Holding Corporation

*“Natalie focused on all aspects of my life and health in a holistic manner that made me feel energized and optimistic about my recovery. The Stamina Protocol™ gave me strength and purpose when I needed them most. Although the phrase is overused, I can honestly say my work with Natalie changed my life.”*

**LESA HUGET** | Journalist

*“Natalie has this amazing way of taking something that can seem so complicated and make it so simple. Using The Stamina Protocol™, we created a plan together, one that I would stick to. If you are looking for something to help you to create lifelong habits, The Stamina Protocol™ is for you. Not only will this program help you dial in your nutrition and fitness, but it will help you map out how to live a healthy lifestyle each and every day!”*

**LINDSAY MORANDO** | Marketing Director, Hello Bar

*“The Stamina Protocol™ gave me more energy and focus to achieve!”*

**ASHLEY THURSTON** | Director of Sales and Clinical Affairs, WRS