



# INTEGRAL RESILIENCE™

90 Day Program for Your Organization







A SERVICE OF  **Big Heart Technologies**  
a humanitarian benefit corporation

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# WHY DO RESILIENT ORGANIZATIONS THRIVE?

-  Every facet of your organization becomes measurably more productive by learning to turn risk and adversity to advantage (Integral Resilience).
-  By enhancing resilience in one area a positive multiplier effect is produced increasing outcomes in many others.
-  Early data suggests public ESG companies with “R” outperform ordinary ESG companies.
-  The enhanced Integral Resilience of your organization is tracked and measured by an Integral Resilience Quotient (IRQ™) that triggers responsive action leading to sustainable advantage.






# YOUR RESILIENCE CHALLENGES

-  Employee stress and burnout?
-  Financial strain?
-  Supply chain disruption?
-  Political risk?
-  Stagnation in organizational creativity and innovation?
-  Unstable strategic alliances?
-  Difficulty with change management?



# PREVENTING BURNOUT

-  Burnout is already a \$300 billion problem becomes worse each year. Its origins are: emotional, psychological, energetic, physical, behavioral, environmental, and existential (i.e. loss of meaning and purpose).
-  Burnout causes mental and physical illness, destroys morale, and undermines productivity at every level of your organization. It is prevalent among major industries and professions, especially medical and community health providers, accountants, and attorneys.
-  There is a fundamental flaw in our present approach to burnout. We over rely on our brains but shortchange their "senior" partner, the heart. By optimally combining the extraordinary capacities of each, burnout and other multifaceted challenges can be addressed in a new and powerful way.

# INTEGRAL RESILIENCE

- Because it is holistic and integrative, increasing IRQ can beneficially transform every aspect of organizational life.
- An increase of IRQ in one department or function will simultaneously translate to every other.

IRQ  
UPGRADES  
BUSINESS  
DNA



- Leadership
- Culture
- Strategy
- Financial
- Risk Management
- Product Development
- Innovation
- Negotiation
- Learn from Past Crises
- Human Resources
- Alliances





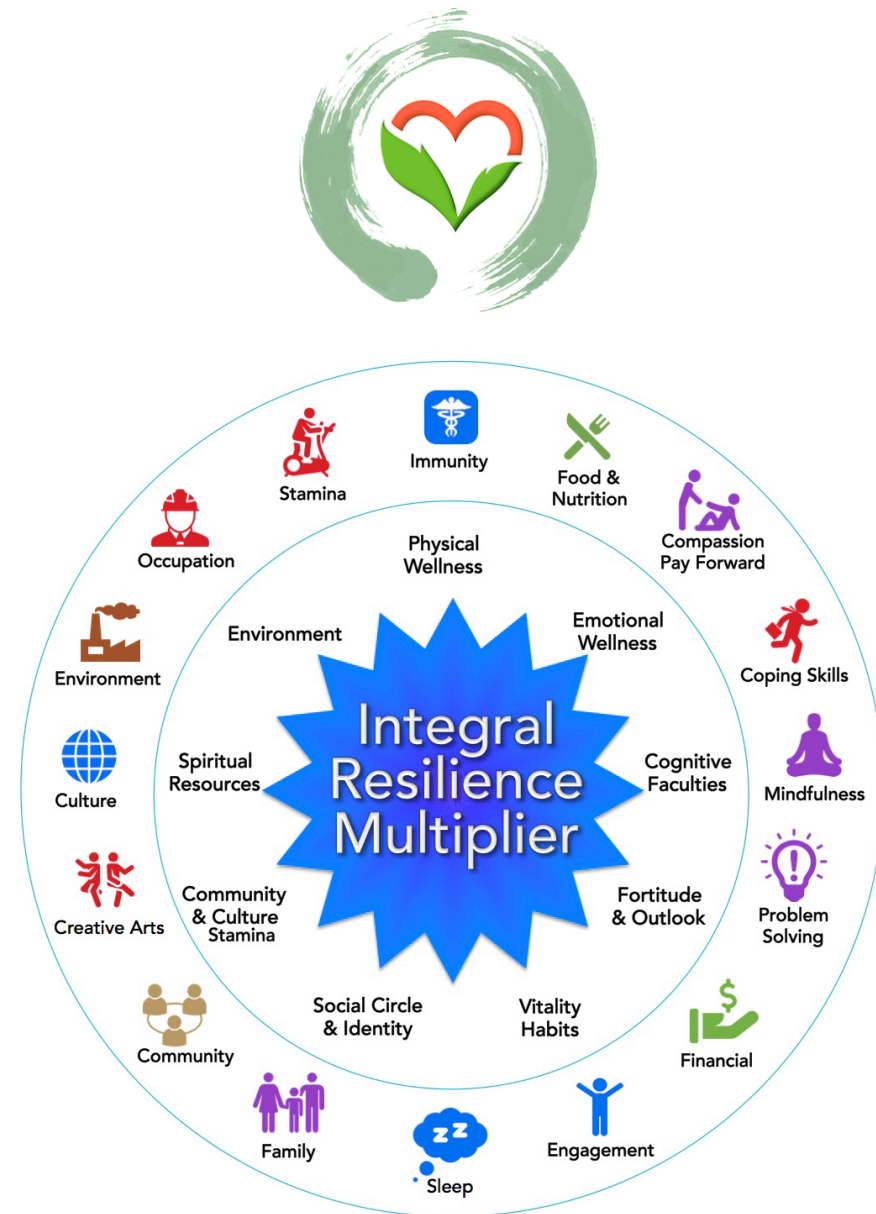
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## INTEGRAL RESILIENCE ACTION PLAN:

# PRELIMINARY IRQ ASSESSMENT

### FIRST 2 WEEKS

-  We will assess your Integral Resilience Challenges and deliver a written Action Plan to address them.
-  The Action Plan will focus on where your organization is are most vulnerable and where a remedy will add greatest measured value.





## INTEGRAL RESILIENCE ACTION PLAN:

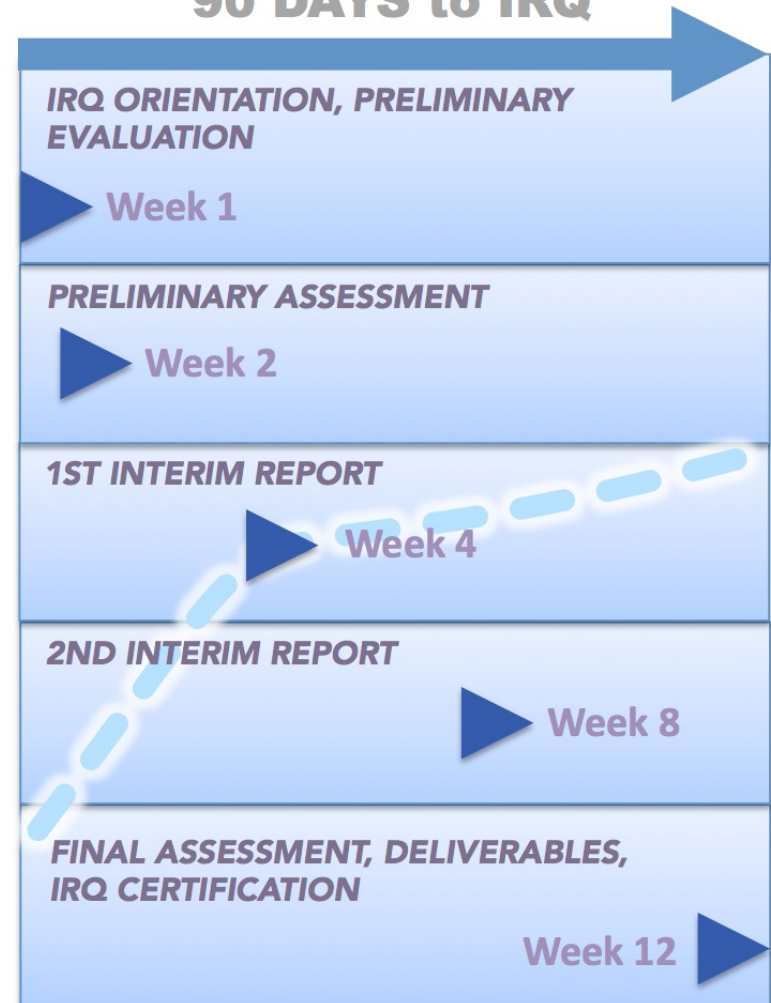
# YOUR 90 DAY ROADMAP

### 90 DAY IMPLEMENTATION AND BEYOND

- 90 days is the minimum time required to effect beneficial organizational change.
- We build an online Integral Resilience Collaborative within your organization that enables each person and division to learn from and support another.
- An increase in organizational IRQ in one department will simultaneously translate to every other.
- Continuous coaching, webinars, and pod casts are available throughout the program.
- All participants automatically become members of a Global Integral Resilience Collaborative where they can continue to hone their skills.



### 90 DAYS to IRQ



# FINAL REVIEW

We will deliver a Final Report analyzing the increase in your organization's IRQ and a pathway for Continuous Enhanced Performance.

## DELIVERABLES:

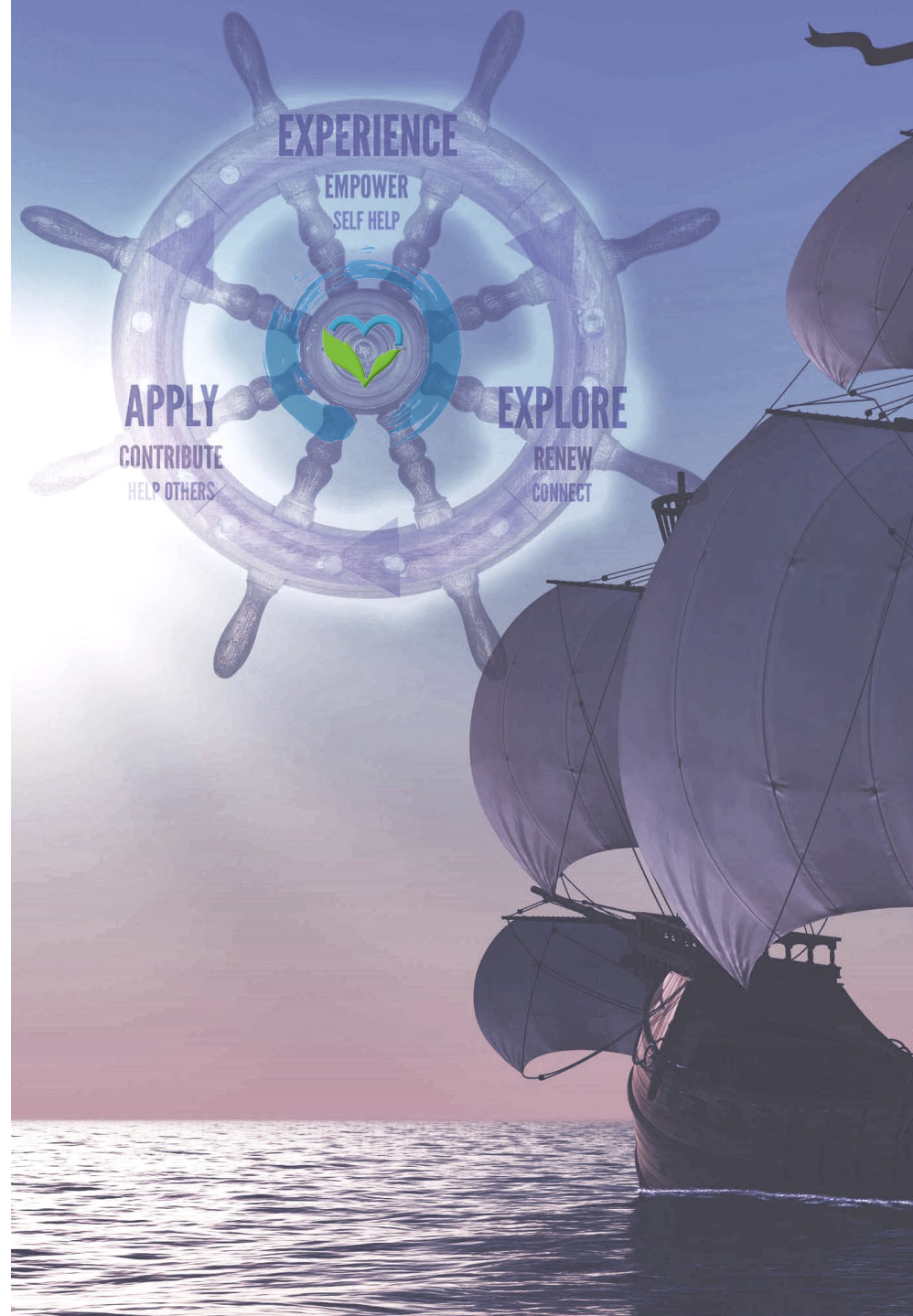
- 🍀 An intelligent, interactive, personalized version of your **IRQ Road Map**. This enables the entire organization to sustain its IRQ progress.
- 🍀 Practical applications to build individual Integral Resilience using: **"Laughing Heart—A Field Guide to Exuberant Vitality for All Ages—10 Essential Moves"**
- 🍀 Signed copies of **"Piloting Through Chaos—The Explorers Mind"**.
- 🍀 **Resilience Reflex Ball** with Practice Manual
- 🍀 Membership in **Global Integral Resilience Collaborative**.





# TURNING THE WHEEL: PAYING FORWARD

After Big Heart Technologies has helped your organization address its resilience challenges, we propose to make available the BHI/IRQ system at cost to support any noble cause or program of highest CSR priority for you.





# IRQ PROGRAM FEES



**90-day IRQ Program: \$50,000**

(including all BHT expenses)



**2-week IRQ Assessment and Roadmap: \$10,000**

(deductible from total program cost)



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# TEAM SUCCESS HIGHLIGHTS

- 🌱 Three year project to prepare leading mind/body coaches in the US Veteran's Administration to train soldiers in the field (Health Action Synergy)
- 🌱 Two year program for the U.S. Air Force on holistic life planning (Health Action Synergy)
- 🌱 Current three year NIH research grant in collaboration with Mayo Clinic and Arizona State University on mind/body health and wellbeing (Health Action Synergy)
- 🌱 Trained Chinese women's 'Wuxu' Olympic team in heart-centric energy practice to over 100 gold medals.
- 🌱 Coached senior executive teams at Fortune 100 companies in the U.S., London, Amsterdam, Beijing, Hong Kong and Tokyo in a unique heart-centric system of negotiation and strategic alliance development
- 🌱 Directed Trenton Health Team Initiative and built a collaborative innovation network.
- 🌱 Leadership of Environmental Health and Safety for Rohm & Haas.
- 🌱 Implemented successful burnout remedial programs for over 20 years at an organizational and community level in the UK, Sweden, Denmark, Finland, India, Southern Africa, Zimbabwe, Uganda, Columbia, and Australia.

# YOUR BHT TEAM

THE SEASONED  
INTERNATIONAL  
WORLD CLASS BHT  
TEAM UNIQUELY  
COMBINES EXPERTISE  
IN SCIENCE,  
TECHNOLOGY,  
HEALTHCARE,  
BUSINESS AND LAW



**JULIAN GRESSER**

Chairman, CEO,  
Collaborative Innovation



**WILLIAM MOULTON**

CIO, CTO,  
Business Strategy



**RUTH E. PERRY, M.D.**

Board Member,  
Chief Medical Advisor



**FRED PHILLIPS, Ph.D.**

Prof. of Technology Systems &  
Management, UOM

# SENIOR PRACTICE LEADERS

BHT SENIOR  
PRACTICE LEADERS  
INNOVATE IRQ  
APPLICATIONS IN  
THEIR DOMAINS  
OF PROFESSIONAL  
EXPERTISE

## STRESS & BURNOUT

**ROGER JAHNKE, OMD**  
Founder of Health Action



**SIMON FOX**  
Executive Director, Adventures in  
Caring Foundation



**LI JUNFENG**  
Qigong Grandmaster,  
Founder, Sheng Zhen Society



## COMMUNICATION & LEADERSHIP

**JANELLE BARLOW, Ph.D.**  
CRM, Training, Branding and  
Marketing, Family Therapist



**BECKY TAYLOR**  
Strategic Public Affairs,  
Public, Nonprofit, Corporate





# SENIOR PRACTICE LEADERS

## INNOVATION VITALITY

**HOWARD LIEBERMAN, Ph.D.**  
Founder Silicon Valley Innovation  
Institute, Collaboration



## COMMUNITY DEVELOPMENT

**BRUCE BOYD, J.D.**  
Attorney, Real Estate Development



**ELSPETH MCADAM M.D.**  
Child and Family therapy for UK NHS  
for 30 years



## HEALTH & SUSTAINABILITY

**WOODROW CLARK, Ph.D.**  
Qualitative Economist, IPCC Panel  
Nobel Peace Prize



**PATRICIA BADER-JOHNSTON**  
CEO, InnHealth, Japan







# CONTACT

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# FROM BURNOUT TO THRIVING

