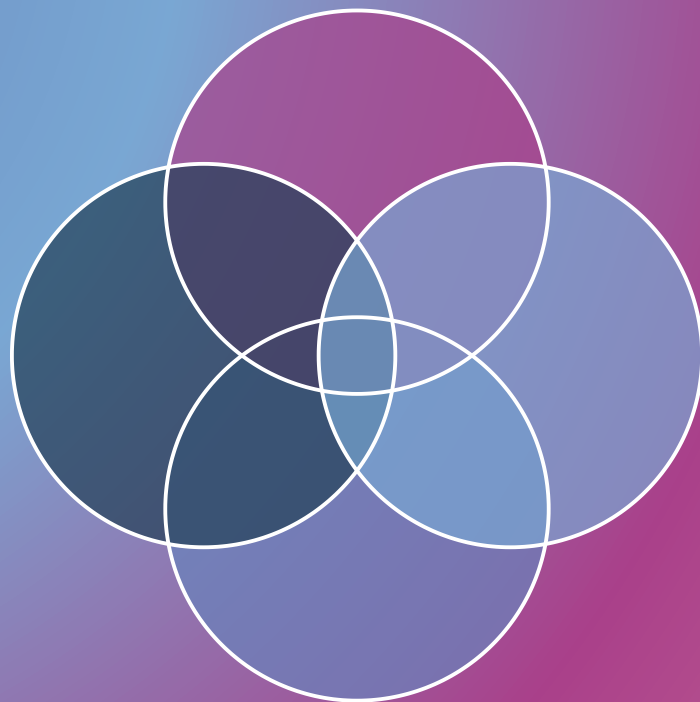


NEXT-GEN WELLNESS SOLUTIONS

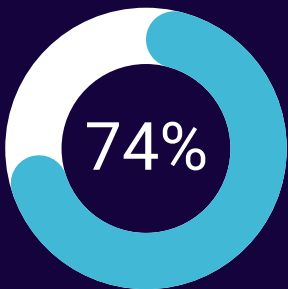
VISUALIZEin360



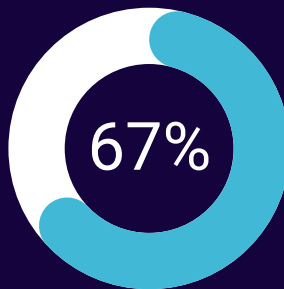
THE CURRENT LANDSCAPE



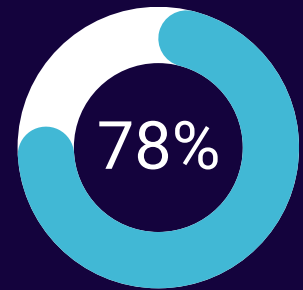
According to a Recent Survey Administered by
the American Psychological Association



Of Employees Report
Negative Mental Health at Work



Of Employees feel
they work in a **toxic environment**



Of Employees say their
employer is **not doing enough to address mental health needs** at work



7/10 senior-level employees
say they have **not received training** on how to talk to their
team about mental health



People who are less comfortable
talking about mental health at
work are more likely to report
feeling **burned out, leading to mental health concerns**

Workplace Burnout Leads To:

- Emotional exhaustion
- Lack of motivation
- Desire to keep to oneself
- Desire to quit
- Lower productivity
- Higher absenteeism
- Irritability with customers and coworkers
- Feelings of being ineffective
- Lack sense of purpose and meaning in work

WHY PARTNER WITH US?



At VISUALIZEin360, we're dedicated to pushing boundaries and transforming lives through next-generation health and wellness models, addressing the mental, physical, emotional and existential needs of human beings.

Incorporate VISUALIZEin360's framework into your organization and offer your employees an unparalleled wellness experience.

Holistic Wellness Integration

Seamlessly integrate our advanced services with your existing programs to offer comprehensive health solutions that nurture every aspect of well-being.

Enhanced Engagement & Impact

Leverage our cutting-edge expertise and evidence-based framework to achieve measurable results and boost participant engagement.

Tailored Solutions

Customize an approach that aligns with your unique needs, ensuring our services complement and elevate your existing operations.

UNLOCK NEW HORIZONS



Single Event Support



Short-Term Experiences



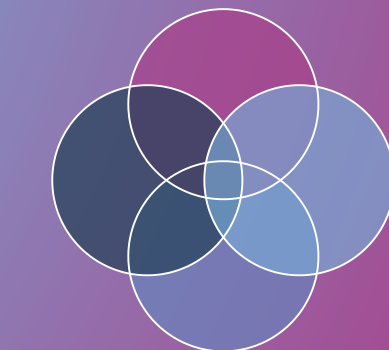
6 - 12-week Immersive Programs

A NEXT-GEN WELLNESS SOLUTION

ROOTED IN SCIENCE

Individuals spend, on average, 1/3 of their life at work. More than a paycheck, it is an opportunity for learning, belonging and finding a dynamic sense of meaning. Under the right circumstances, the workplace can be a catalyst for profound personal and professional growth, and can foster extraordinary levels of engagement and motivation to expose the full range of human potential and capability.

Discover the science-backed, proprietary framework developed exclusively by VISUALIZEin360.



COGNITIVE BELIEF MAPPING

Reframes negative, anxious, self-sabotaging thought patterns to foster healthier, happier and more creative mindsets

EMOTIONAL RESILIENCY TRAINING

Incorporates mindfulness-based stress reduction, trauma-informed shadow work and self-regulation techniques to resolve deep-seated issues, navigate adversity and embrace uncertainty.

RELATIONSHIP BUILDING

Improves communication and conflict resolution skills to cultivate meaningful, nurturing relationships.



STRATEGIC VISIONING

Inspires a clear vision for the future and reinforces the habits and routines essential for achieving it.

QUANTUM ALIGNMENT

Cultivates an inner drive, with sustained focus and energy, through alignment of thoughts, words and actions.

NEURAL RECALIBRATION

Neurobiological techniques rewire the brain to enhance function, boost cognitive efficiency and support goal achievement.

EMERGE AT THE FOREFRONT OF NEXT-GEN WORKPLACE WELLNESS MODELS



**Design a work
environment with
holistic health in
mind.**



**Focus on the full-
spectrum of health
needs for your
employees**



**Invest in tailored
support for
underrepresented
populations.**

FEATURED IN:



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



MHA
Mental Health Advocates
Be Heard. Be Helped.

**BUSINESS
INSIDER**



COLUMBIA
MAILMAN SCHOOL
OF PUBLIC HEALTH



Accellacare



**University
at Buffalo**

YOUR TEAM



Susan Santarpia, PhD

Dr. Santarpia is an experienced neuropsychologist and former clinical director of advanced brain rehabilitation centers. She leads our framework development and integration, ensuring it is safe and effective for diverse populations.

- ✓ Cognitive Behavioral Therapy
- ✓ Conflict Resolution
- ✓ Energy Healing
- ✓ Research and Data Analysis
- ✓ Positive Compensatory Coping Skills
- ✓ Neural Recalibration Techniques



Tessa Santarpia, MHA

Tessa is a peak performance coach, with specialized training to facilitate optimal states of consciousness associated with meditation, psychedelic therapy, and flow - a state of enhanced engagement that drives creativity, focus and productivity.

- ✓ The Neurobiology of Peak Performance
- ✓ Holistic Health and Healing
- ✓ Meditation and Mindfulness-Based Stress Reduction
- ✓ Trauma-Informed Plant Medicine Facilitation



Molly Kinkel

Breathwork Specialist



Aya Abdelhalim

Neuroscientist and
Neurofeedback
Technician



Nina Santarpia

Visualization Yoga
Instructor and
Sustainability Expert



Paige McRae

Integrative Health
Coach

VISUALIZEIN360: FLOW MASTERY



A Wellness Program to Unlock
Peak Performance &



On-Demand Access To Flow States

Deliver an unparalleled wellness experience for your employees by introducing the transformative power of flow—a highly sought-after state of consciousness where individuals can think and perform at their best.

Flow is marked by deep focus, mental clarity, and heightened motivation, leading to significantly improved productivity and creativity. Teaching employees to master flow means unlocking their full potential, fostering innovation, and accelerating performance. Employees working in flow achieve more in less time, with greater quality, while also reducing stress and enhancing overall well-being.

By integrating flow into the workplace, companies can cultivate a high-performance culture that drives both individual and organizational success.

TIME COMMITMENT

6-8 Weeks

Live Introduction

40 minutes

- Introduction to Flow
- Foundational Well-Being Techniques

Weekly Engagement

- 20-30 minutes live informational session (optional to attend)
- Recorded session sent via email to all employees
- Bi-monthly Q&As
- 24/7 access to online learning modules



Grounded in Neuroscience

Backed by decades of scientific research and therapeutic practice, designed by health psychologists, neuroscientists and peak performance experts

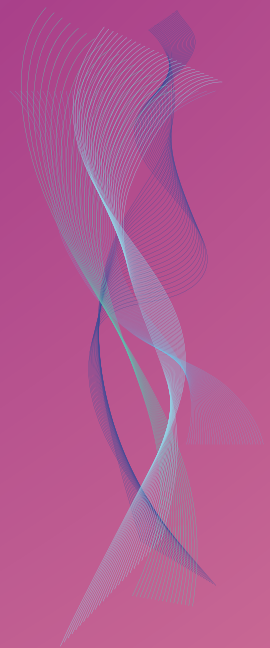


Enhanced Employee Quality of Life

More than just a time management tool, this is a holistic wellness technique designed to enhance quality of life both in and out of the office.



Discover the science-backed, proprietary framework
developed exclusively by VISUALIZEin360.



FLOW STATES: CLIENT CASE STUDY

“HOW FLOW STATES CHANGED MY LIFE”



Lillian Sewell

Recruiting Executive

Lily mastered techniques to trigger flow states on-demand, significantly boosting her productivity as a recruiter. Cognitive assessments revealed measurable improvements in her brain's ability to plan, organize, and solve problems. She also reported reduced anxiety around time management, positively impacting her mental well-being. By completing tasks in one-third of the usual time, Lily freed up more capacity for critical and creative thinking, enhancing her overall performance in the workplace.

Benefits of Flow Training:



Better time management



Increased amount of creative time



Increased motivation



Enhanced mental clarity and focus



Efficient growth and scaling



Reduced symptoms of burn out



More synergistic relationships



Promotion of a growth mindset

DELIBERATE FOCUS

100%

CONFIDENCE

100%

ADAPTIBILITY

100%

“

This is like natural adderall for your brain. I am still in disbelief at how much more I can accomplish by inducing this level of focus for a few hours each day. I've actually taken on more work yet spend 1/3 of the time I usually would.

WHAT THE RESEARCH SAYS:

Implementation of an 8-week Wellness Program:

Relaxation + Resiliency-Building

PLOS ONE 2021

Employee Health Benefits

- ✓ Decreased stress, anxiety and depression
- ✓ Improved relationships both at work and at home
- ✓ Enhanced confidence and self-efficacy to achieve goals
- ✓ Greater sense of purpose and engagement with work

Employer Cost Savings

- 43% fewer medical services** used compared to previous year
- 25% drop in clinical services** compared to previous year
- 25% savings**, on average, through wellness programs implementation

Advanced Diversity & Inclusion Initiatives

Fewer microaggressions related to race and gender identity

Workers of diverse racial or ethnic backgrounds report, on average, 35% lower rates of psychological distress

WHAT TO EXPECT:

TAUGHT BY:



Neuropsychologist



Flow and Peak
Performance Coach



Conflict Resolution
Specialist



1:1 support for
leadership



Advanced tracking
and data analytics



Live, interactive
workshops



Self-paced online
learning modules

EFFECTIVE MENTAL HEALTH TRAINING IS CRUCIAL FOR SAFEGUARDING DIVERSE POPULATIONS



THE RESEARCH:

Unconscious (implicit) biases in leadership can perpetuate stereotypes and result in differences in patient or employee treatment within work environments.

Unconscious bias is heightened when leaders are experiencing:

- ✓ Emotional dysregulation
- ✓ Burn-out and prolonged stress
- ✓ Inability to cope with acute stress or triggers
- ✓ Strained interpersonal relationships

THE VISUALIZEIN360 APPROACH



Unconscious bias training, prioritizing perspective-taking and self-awareness measures



Building **emotional regulation** skills through cognitive restructuring, mindfulness, breath work and resiliency techniques



Protecting leaders from burn-out and overtaxed cognitive load, which contributes to biased, stereotypical thinking



Establishment of **monitoring systems** that foster an understanding and respect for unconscious cognitive biases

CLIENT CASE STUDY

“BREATH WORK CURED MY ECZEMA WHEN NOTHING ELSE WORKED”

“

I struggled with eczema all over my body and painful eyelid dermatitis for decades. With each doctor visit and new prescription drug, I felt more defeated with no resolution.

I began to disassociate as it felt safer than being present in my life. Depression took a firm hold, and as a close family member was battling for his life, I couldn't see a way out.

”

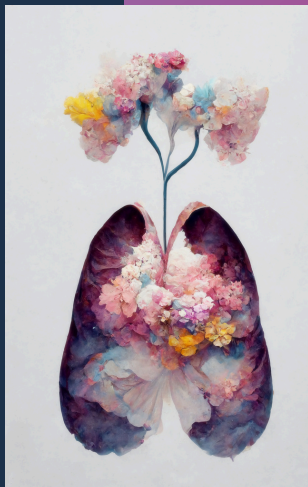


THAT'S WHEN BREATH WORK FOUND ME

My first session ended with tears running down my face.

I experienced a bigger release and compassion for myself than I had in the last ten years of therapy combined.

I felt present and in awe of my body.



I now became a **breath work facilitator** to share the power of this easy and effective resource.

It has been my doorway into seeing my potential and believing in my body's **power to heal**

-Molly Kinkel

VISUALIZEin360
Breath Work Facilitator

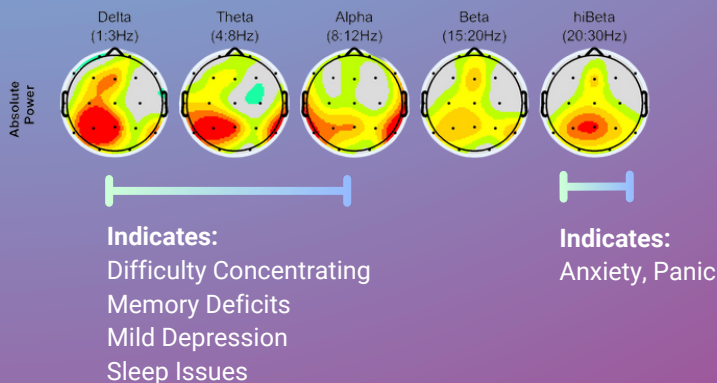
MEDITATION: CLIENT CASE STUDY

Taken 3 months apart, these qEEG scans highlight the profound impact meditation has on brain function and mental well-being. This client engaged with VISUALIZEin360's 8-week meditation program, and made no other significant changes to her lifestyle and health regimen.



BEFORE MEDITATION

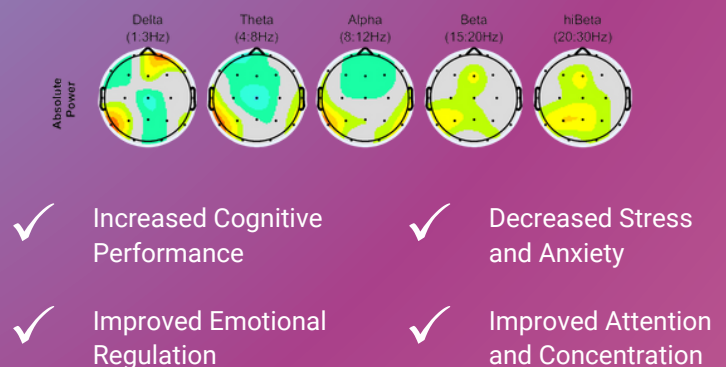
Summary of the Z-score analyses



AFTER MEDITATION

WITH VISUALIZEIN360

Summary of the Z-score analyses



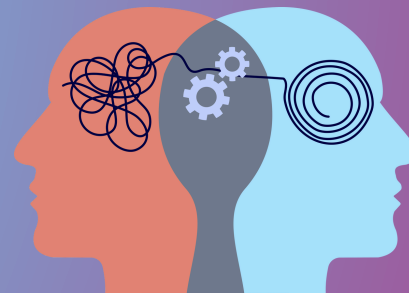
“

"At first, I experienced gradual moments of clarity, peace and confidence. Over time I began to feel intense, beautiful feelings of belonging and connectedness. It's hard to put into words. Something inside of me just shifted, and everyone around me noticed."

”

Trisha M.

MICRODOSING: CLIENT CASE STUDY



TINY AMOUNTS DRIVING BIG IMPACT



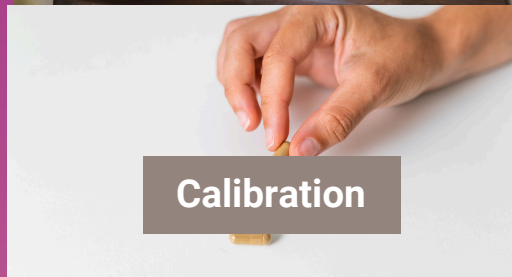
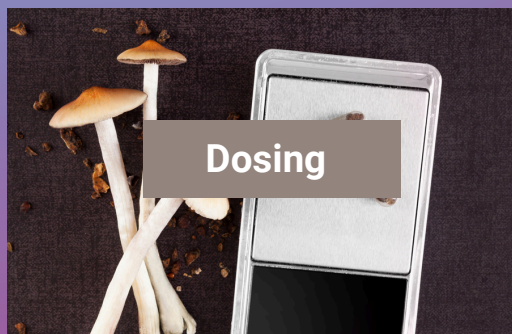
"I was skeptical at first, but microdosing has been a game-changer for my mental health. I've struggled with anxiety for years and started having really bad side effects with medication. Since starting microdosing, my anxiety levels have decreased dramatically. I feel more at peace, and my focus has improved tremendously. This program is a lifesaver!"

Emily M.



"As a creative professional, I was constantly battling mental blocks and imposter syndrome. What was cool is that the mushrooms helped me to study my mind and change my limiting beliefs. I noticed a significant boost in my creativity and productivity. It might not be for everyone but I highly recommend you work with this team to figure out if it is the right choice for you!"

Lawrence S.



- ✓ Non-addictive
- ✓ No toxicity left behind
- ✓ Therapeutic value



- ✓ Creativity
- ✓ Focus
- ✓ Energy
- ✓ Decreased anxiety
- ✓ Mental Clarity and Reduced Brain Fog



FOR FURTHER INQUIRY:

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 www.visualizein360.com

[Schedule Meeting](#)

