

Becoming

UNLOCKING HUMAN POTENTIAL

The Reset

Holistic, Integrated, and Tailored

Assess

Virtual or In-Person sessions in undisclosed locations

1-on-1 sessions with our experts to build a profile of your current beliefs, skills, and habits across mental, emotional, physical, and spiritual health.

Includes

- Performance assessment
- Flourishing / Fulfilment assessment
- Well-being assessment: sleep, nutrition, movement, energy, and stress
- Identity & beliefs profile

Immerse

5-day retreat, multiple locations including Six Senses Bhutan

Enter into a sandbox where experiences are personally crafted to unlock your unconscious and untapped potential. A series of simulation training, games, and somatic sessions are crafted and tailored based on your assessments.

Our deeply integrated program is carefully designed to bring your mind, body, and soul back to equilibrium and unleash new states of being.

Reintegrate

Virtual or In-Person sessions in undisclosed locations

Guided by your personal Elite Coach, your reintegration includes 1-on-1 virtual sessions with a variety of experts to reinforce new behaviors and integrate your immersive experience into your daily life.

Our proprietary framework uses proven methods that drive lasting transformation, taking you to the next levels of performance, wellbeing, and fulfilment.

Holistic Assessments

Our proprietary assessment is designed to review the key 16 areas your current **mental, emotional, physical, and spiritual** health that can unlock your full potential.

Bespoke assessment sessions are 60–90 minutes each and include,

- **Performance & Fulfilment** assessment with our Clinical Psychologist and peak performance & flow expert, Dr. Brent Hogarth
- **Wellbeing** mastery over your energy and body rhythms through assessment of your sleep, movement, nutrition, and stress management by Dr. Greg Potter, Ph.D.
- **Identity & Beliefs** profile created by former Military Intelligence Profiler, Damien Foord

These insights are used to build a profile of your current reality regarding beliefs, skills, and habits. The Becoming team of experts then build a highly tailored program to unleash untapped potential. This tailored program becomes the next chapter of The Reset: The Immersive Experience.

Immersive Experience

This adventure-filled experience takes place over 5 days and 4 nights at multiple private locations and sanctuaries around the world, including the *Six Senses Bhutan*.



Itinerary

Informed by your bespoke assessments.

Day 1: Land into Six Senses in Bhutan

Welcome and settle into your suite.

Body work by our resident in both western and eastern methods (osteopath, physio, traditional chinese medicine, acupuncture) to bring your body to equilibrium

Meet your personal **Elite Transformation Coach** to review your assessment and start **Metacognition Training**, the number one proven method for driving profound changes and unlocks

Master your Energy, learn breathwork techniques to change your state and mood in seconds – focus, relax, stimulate

Intuition and Unconscious Training to uncover your unconscious senses and shadow

Evening session with our **Ancient Rituals** facilitator to set intentions for the experience



Itinerary

Day 2: Foundation Building

Morning meditation and visualization practice to build a true view of **Self** (Identity, Beliefs, Values)

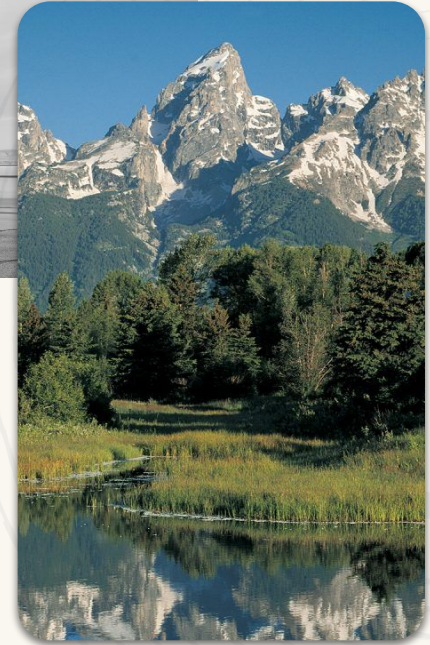
Peak Performance Training strategies and **Flow state activation**

High Intensity Combat Training by our Martial Arts specialists to challenge fighting skills, agility, and reflexes

Interactive Lessons on **Mastering Stress and Anxiety**

Deep Dive session with our **Nutrition and Exercise Science Expert** to maximize your energy and mood

Helicopter to the wilderness for **Outdoor survival training**, learning essential skills for **Resilience**



Itinerary

Day 3: Integration & Practice

Primal Movement Training to release untapped power

Review and practice of breathwork, visualization, and peak performance techniques

Self-Sabotage Release and **Shadow Integration** paired with the **Grief & rage practice** to shift your shadow into your power

Parkour Training into high-altitude **Plank Jump off a Cliff**, to improve agility, coordination and fearlessness in high-risk situations. Includes an application of **Self regulation and Stress management strategies** to create autonomic response when faced with daily stress in practical scenarios

Evening reflection: personal metacognition work and **Observation Review session with your Expert Team** to celebrate wins and speed up personal growth



Itinerary

Day 4: Full Day Immersion Experience

Led by a small team of experts, you will be faced with a series of highly immersive and realistic simulations. Mostly somatic practices integrated with physical challenges for holistic, deep learning.

Your bespoke designed odyssey include a mix of: **Wilderness Survival Scenarios:** Realistic wilderness survival scenarios that require you to apply your physical skills, mental acuity, and resourcefulness to navigate and survive in remote and hostile environments.

Extreme Endurance Tests: Long-distance trail running, obstacle courses, and endurance challenges in rugged terrain to push your physical stamina and endurance to the limit.

Psychological Resilience Training: Exposure to psychological stressors, fear-inducing situations, and mental obstacles to help develop emotional resilience, mental fortitude, and coping strategies.

Stealth and Infiltration Exercises: Nighttime stealth missions, evasion drills, and covert operations in simulated urban or wilderness environments to enhance your stealth and tactical skills.



Itinerary

Day 5: Mastery and Culmination

Final day of immersive experience focusing on mastery and integration

Combat Simulation Challenge: Immersive combat simulations that combine physical combat training with strategic decision-making, teamwork, and situational awareness to simulate real-world threats and challenges

Reintegration Planning with your Elite Coach

Cultivating Tailored Rituals to **master your body's rhythms:**

- Create tailored protocols for **Sleep and Recharging** throughout the day with our Sleep Expert
- Design tailored rituals for reintegration into your daily life to minimize stress and maximize energy / mood

Legacy Design: Work with our Life Purpose Expert to uncover your Gene Keys and Human Design to co-create your long-term vision and impact



Reintegration

The reintegration phase is focused on bringing the profound shifts from the immersive retreat into your daily life to pave the way for sustained change in your ability to perform, feel fulfilled, and be well.

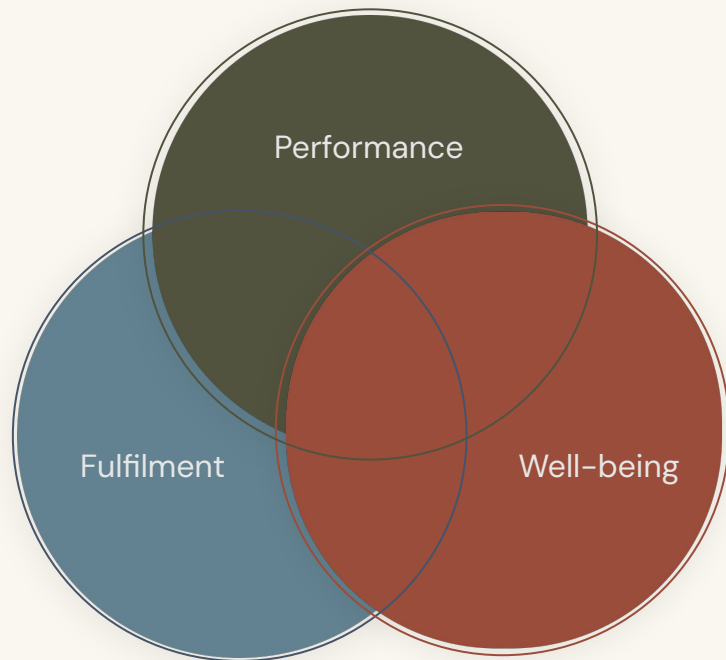
You will be assigned to your own Elite Transformation Coach to guide you through reintegration.

These 1-on-1 sessions can be done in person or virtually. Depending on your goals, these 3-4 sessions will be 60-90 minutes each and highly focused on reinforcing new behaviors using personalized tailored protocols and rituals.



Unlocking Human Potential

at the intersection of Performance, Fulfilment and Well-being



Our elite team of 20+ experts work with Olympians, Top 100 Fortune CEOs, Military Leaders, Celebrities, Astronauts, and Global Change-Makers.

Areas of Expertise

- Peak Performance & Flow
- Sleep
- Exercise
- Nutrition, Gut Health, & Hormones
- Stress & Anxiety management
- Grief and Rage Practices
- Social Connection and Relationship Experts
- Rites of Passage & Ancient Rituals
- Body work & rebalancing: Physiotherapy, Osteopath, Acupuncture, Reiki, Traditional Chinese Medicine
- Martial Arts, Stuntmen
- Primal movement
- Meditation, Yogic Experts
- Breathwork
- Sound healers and Voice Experts
- Intuition
- Shadow Integration
- Self-esteem, Power & Sovereignty
- Addiction, Escapism and Coping Strategies
- Life Meaning, Purpose, and the Hero's Journey



Move Beyond Your Limitations

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