

THE GAME CHANGER

A six-week immersive coaching program that powers your personal and professional growth.

POWER YOUR PROGRESS

The Game Changer is designed to spark transformation through shared and immersive experiences. It taps into the power of a team, while allowing for autonomy and personalization.

We surround you with industry-leading experts who provide you with mind-body training. The result? Increased curiosity, focus, and resilience.

INSTRUCTED BY EXPERTS

Our team of subject matter experts developed The Game Changer program and deliver it through engaging digital content.



Dr. Sarah Sarkis

Senior Director of Performance Psychology at Exos



Dr. Chris Bertram

Senior Director of **Applied Neuroscience** at Exos



Amanda Carlson-Phillips

Officer at Exos &
Registered Dietitian



Stefan Underwood

VP of **Methodology** at Exos



Dr. John Urschel

Game Changer Host
Mathematics
Professor at Princeton
& former NFL player PhD in mathematics
from MIT



DELIVERED BY WORLD CLASS COACHES

Our team of Performance Mindset coaches have backgrounds working with top performing individuals and organizations.



Dai Thomas

Experience across the globe with partners and executives at multinational law firms, Google, adidas, and pro athletes in the English Football Association.



Re'Aunna Henderson

Served as a mental performance coach for collegiate athletic departments and provided mental toughness and resilience training to military soldiers and their families.



Michelle Rogerson

From Intel to a world-class addiction rehab center, she's trained elite performers — including top executives — in the power and impact of mindset on peak performance.



James Leath

Coached the Chicago Bulls, the Dallas Cowboys, the Green Bay Packers and employees at companies such as IMG Academy, MINDBODY INC, and Under Armor.

THE GAME CHANGER

THE 3 PILLARS OF THE GAME CHANGER



Being guided through an experience helps create lasting change. Over the six weeks, Exos coaches help Game Changers go from where they are to where they want to be.

A Team

No one can go it alone. Greatness takes a team. So, we've carefully curated your team experience to provide you access to diverse perspectives and ongoing support.

An Immersive Experience

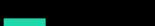
Learning is more impactful when it's experiential. That's why our Practices and Pursuits get you out of your seat and into the real world, taking on challenges that may be intimidating, but are transformational and fun.



"The goal of every Perform coach is to mentor and motivate members, as well as facilitate team bonding through vulnerable, meaningful discussions in the chat and Team Huddles."

-Michelle Rogerson, Mental Performance Coach

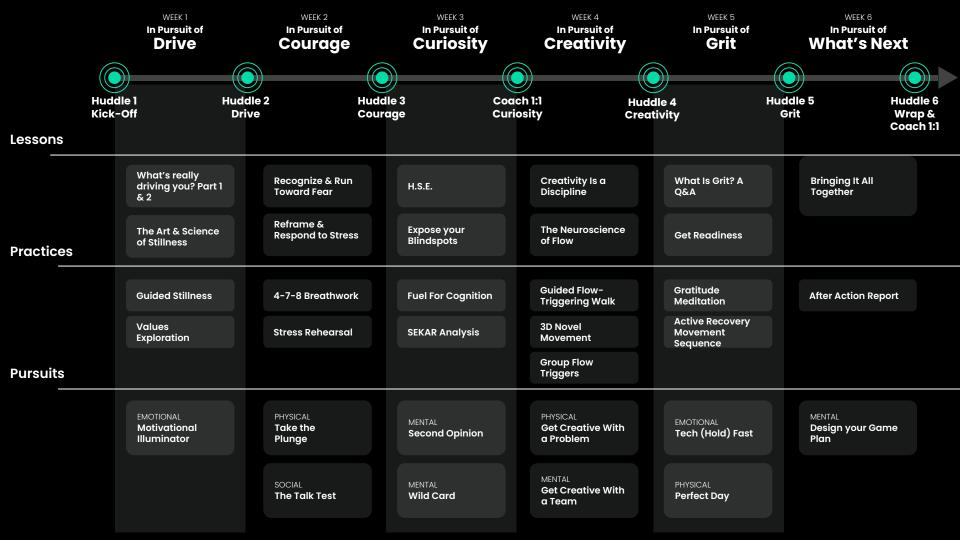
THE CURRICULUM



Over the six weeks, you'll explore a number of core topics, including:

- Aligning passion with purpose
- Silencing your inner critic
- Stepping towards fear (& growth)
- Exploring new perspectives
- Priming your mind for creativity & Flow
- Balancing work with recovery
- Driving momentum into the future

NEXT PAGE: FULL SYLLABUS



PUTTING THEORY INTO PRACTICE

Each week is designed to spark transformation through shared and immersive experiences that take a total of 2-3 hours/week.

We tap into the power of a team, while allowing for autonomy and personalization.

Assess your baseline

Check your assumptions & ID your personal gaps.

Expert Lessons + Practices

Gain knowledge and skills via mobile-first content.

Weekly Pursuits

Step up and out of your comfort zone with real-world challenges.

Team Huddle

Challenge perspectives and unlock insights, together.

POST-PROGRAM PERKS



Your game changing experience doesn't end in Week Six.



A Certified LinkedIn Badge

If you graduate from the program, Credly will issue you a digital badge that can be and added to your LinkedIn profile or other social media.



A Go-Forward Game plan

The Game Changer is meant to propel you long into the future. You'll leave with a game plan that will help you achieve your goals.



Future Opportunities

As we continue to expand our programs and offerings, you'll be the first to know, and get dibs on joining experiences that interest you most.



The Game Changer Alumni Group

All graduates will be invited to join The Game Changer alumni group on Linkedin in order to continue to cheer on, challenge, and inspire one another.

WHAT OUR MEMBERS SAY

removed barriers to success to achieve full potential

80% Improved drive and creativity

75% Saw improvement in courage and grit

"I've done other group coaching programs in the past, but the thing that was different with the Exos Perform experience was the group dynamic and the intentionality behind the program structure."

Health and Performance Program Manager at Google

"It's easy to be successful in one arena, but it's hard to perform consistently well across different domains. Exos Perform is about learning and practicing strategies to win from multiple angles of life."

Physical Therapist at Duke University Hospital System



READY TO CHANGE THE GAME?

Register here to save your seat for the cohort.