

THE GAME CHANGER



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

WHY THIS PROGRAM NOW?

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.

THE PROGRAM DELIVERY

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**

**Chief Performance
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

A Coach

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 WEEKLY RHYTHM

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

WEEK 1
In Pursuit of
Drive

WEEK 2
In Pursuit of
Courage


WEEK 3
In Pursuit of
Curiosity


WEEK 4
In Pursuit of
Creativity

WEEK 5
In Pursuit of
Grit


WEEK 6
In Pursuit of
What's Next



Huddle 1
Kick-Off



Huddle 2
Drive


Huddle 3
Courage


Coach 1:1
Curiosity


Huddle 4
Creativity


Huddle 5
Grit


Huddle 6
Wrap &
Coach 1:1

Lessons

What's really
driving you? Part 1
& 2

Recognize & Run
Toward Fear

H.S.E.

Creativity Is a
Discipline

What Is Grit? A
Q&A

Bringing It All
Together

The Art & Science
of Stillness

Reframe &
Respond to Stress

Expose your
Blindspots

The Neuroscience
of Flow

Get Readiness

Practices

Guided Stillness

4-7-8 Breathwork

Fuel For Cognition

Guided Flow-
Triggering Walk

Gratitude
Meditation

After Action Report

Values
Exploration

Stress Rehearsal

SEKAR Analysis

3D Novel
Movement

Active Recovery
Movement
Sequence

Pursuits

EMOTIONAL
Motivational
Illuminator

PHYSICAL
Take the
Plunge

MENTAL
Second Opinion

PHYSICAL
Get Creative With
a Problem

EMOTIONAL
Tech (Hold) Fast

MENTAL
Design your Game
Plan

SOCIAL
The Talk Test

MENTAL
Wild Card

MENTAL
Get Creative With
a Team

PHYSICAL
Perfect Day

THE WEEKLY RHYTHM

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.

THE GAME CHANGER

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 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.

THE IMPACT

WHAT OUR MEMBERS SAY



89% 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.