

REBEL HUMAN®

SCIENCE-DRIVEN
CULTURE CHANGE

Tools and protocols grounded in neuroscience & practiced every day to optimize performance, improve your health and wellbeing and update your human operating system.

"By actively and intentionally changing your present, you are cultivating a different future."

REBEL HUMAN

WORKSHOPS

TOPICS INCLUDE:

- ✓ FIVE DIALS APPROACH
- ✓ NEUROSCIENCE OF HABITS
- ✓ NEUROSCIENCE OF GOALS
- ✓ NEUROSCIENCE OF INNOVATION
- ✓ HACKING YOUR NERVOUS SYSTEM
- ✓ GROWING YOUR VOICE
- ✓ BUILDING CLARITY & DISCERNMENT
- ✓ SCIENCE OF SOUND & HOW IT CAN HEAL YOUR BRAIN
- ✓ THE BODY BUDGET & THE ART OF REST
- ✓ REFRAMING STRESS
- ✓ NEUROSCIENCE OF BELONGING
- ✓ PROGRAMMING YOUR MIND & UPDATING YOUR HUMAN OPERATING SYSTEM

VIRTUAL

30 MIN - \$825
60 MIN - \$1,650
90 MIN - \$2,000
HALF-DAY - \$3,500
FULL-DAY - \$6,500

IN-PERSON

60 MIN - \$2,500
90 MIN - \$3,000
HALF-DAY - \$4,500
FULL-DAY - \$8,500

ANNUAL (One 30 min per month)

VIRTUAL: \$5,000
IN-PERSON: \$12,200

ANNUAL (One 60 min per month)

VIRTUAL: \$10,000
IN-PERSON: \$24,400

PLEASE NOTE

In-person workshops must be within 20 miles of downtown Chicago

SOUND BATH

A sound bath is an opportunity to relax and turn inward as you are bathed in the deeply compelling harmonic tones of sound healing instruments. You can think of a sound bath as a very powerful form of non-sleep deep rest (NSDR)—a particular type of relaxation that is integral to brain health.

The sound bath session includes a short primer on the science of sound and how it can be used to enhance your wellbeing, a short guided relaxation exercise to help prepare the mind and body for the sound bath, and the sound bath itself. The session ends with questions and comments.

VIRTUAL

30 MIN - \$825
60 MIN - \$1,650

IN-PERSON

60 MIN - \$2,500

REBEL HUMAN WRKFLOW

WrkfloW is a web-based platform that uses the neuroscience of brain optimization to help unlock the benefits of uninterrupted, focused work while promoting mental health. You answer three questions -- How long are you working? Is your work creative or technical? How are you feeling? -- and based on your answers a you receive a customized WrkfloW session which includes: Brain Prep to get you into a focused state, a Countdown Timer to keep you on track, and Non-Sleep Deep Rest to give you a break, counteract stress, and promote positive neuroplasticity.

5-100 employees
- \$28.80 per user annually
100-250 employees
- \$20.80 per user annually
500+ employees
- \$12.80 per user annually

RETREAT CURATION & FACILITATION

- ✓ ON-SITE RETREAT FACILITATION
 - Led by Jenny Arrington & Tait Medina, Ph.D.
 - Daily group workshops
 - Daily group embodied neuroscience class
 - Evening group sound baths
- ✓ CUSTOM CURRICULUM
 - Neuroscience of Habits
 - Neuroscience of Goals
 - Neuroscience of Communication
 - Neuroscience Mindset
 - Neuroscience Innovation
- ✓ ONBOARDING SUPPORTS:
 - Discovery Session
 - Best-Practices
- ✓ IMPLEMENTATION SUPPORTS:
 - Rebel Human Zine
 - Onboarding emails to employees
 - Prep Zoom with all employees
- ✓ EMPLOYEE SURVEY
- ✓ FOLLOW-UP REVIEW
 - Insights Report

Contact us for pricing

"The Rebel Human philosophy that Jenny & Tait have built is a phenomenal blend of neuroscience, meditation, and positive psychology. They have helped me lean into my natural rebel human nature, re-center on my core values and life goals, and prepare for my next phase of personal growth. I highly recommend Rebel Human to individuals, schools and businesses. Money well spent - and when a CFO says that, you know its gotta be true!"

- Ann, CFO Fortune 500 Company

REBEL HUMAN RESET



Rebel Human® helps companies break free from the status quo by delivering science-driven culture change using our proprietary video-based CURRICULUM and just-in-time interventions.

Our comprehensive ecosystem provides a **low burden, frictionless, high impact, fun solution** to companies who dare to challenge the status quo. We are only for forward thinking, innovative companies who want to see change.

INVESTMENT:
Contact us

STEP ONE

SET UP A 30 MINUTE ONBOARDING CALL

We will learn about your company's culture, makeup, and mission so we can properly tailor your kickoff.

STEP TWO

VIRTUAL OR IN-PERSON KICKOFF: LEARN + EXPERIENCE

This is where employees get excited about the program and learn the fundamentals about the brain, nervous system, and the Rebel Human Five Dials approach, the basis of all our practices and protocols.

STEP THREE

ALL EMPLOYEE 24/7 ACCESS TO WrkfloW WEEKLY or MONTHLY LIVE CHECK-INS

WrkfloW is a web-based platform that uses the neuroscience of brain optimization to help unlock the benefits of uninterrupted, focused work while promoting mental health. You answer three questions: 1. How long are you working? 2. Is your work creative or technical? 3. How are you feeling? Based on your answers a customized video, which we call a WrkfloW session, is delivered to you. The WrkfloW session includes: Brain Prep to get you into a focused state, a Countdown Timer to keep you on track, and Non-Sleep Deep Rest to give you a break, counteract stress, and promote positive neuroplasticity.



REBEL HUMAN®

SCIENCE-DRIVEN
CULTURE CHANGE

"You do not rise to the level of your goals, you fall to the level of your systems."

James Clear

Tools and protocols grounded in neuroscience & practiced every day to optimize workflow, performance, and update your human operating system.

EXAMPLE: MINI WORKSHOPS

These workshops can be a one-time event for employees, sales teams, executives, etc, or can kick-off the Rebel Human Reset

THE BODY BUDGET + THE ART OF REST

Your brain's most important job isn't thinking, it's managing the system of your body—something called Body Budgeting. In this workshop, you will learn how your Body Budget functions and how you can work with it to:

- master your energy resources
- use your emotions as a roadmap, rather than be at their mercy
- reframe stress as a source of energy and focus

You will also learn how to use **NON-SLEEP DEEP REST** to manage your Body Budget so you can optimize your thoughts, interactions, mindset, and performance.

CRAFT Your Habits

James Clear said, "Your life is the sum of your habits," and we teach you how to make sure your habits are crafted carefully to lead you to the life you want.

We will bust the following myths:

- Changing habits only works if you have self-control, will power, and discipline
- Changing habits is easy if you just know the right way
- When you get frustrated, it means your efforts aren't working and you should give up
- You can change lots of behaviors at the same time if you do it the right way
- Teach the Rebel Human CRAFT technique of curating, then acting on a behavior modification.

Then, we will introduce you to neuroscience-backed tools and protocols to help you break free from old, painful habits and replace them with new, nourishing habits that are more in line with your goals and values.

"This is brilliant. We are always forced to choose between wellness and optimization. You've managed to figure out a way to do both in one program."

Elodie Joubert, Program Director, Kellogg Executive Education

EXAMPLE: FULL DAY WORKSHOP

FIVE DIALS WORKSHOP

One day workshop in mastering the Rebel Human® Five Dials approach to gaining full autonomy over the nervous system, self-concept, emotional state, and mindset, while creating new neural connections in the brain. This is the most efficient way to **update your human "operating system"** so you can optimize across all aspects of your life.



BREATH

GABA
SEROTONIN
EPINEPHRINE
ACETYLCHOLINE



FOCUS

ACETYLCHOLINE
EPINEPHRINE



MOVEMENT

EPINEPHRINE
DOPAMINE
SEROTONIN



SELF-TALK

DOPAMINE
SEROTONIN
EPINEPHRINE



**NON-SLEEP
DEEP REST**

MYELINATION

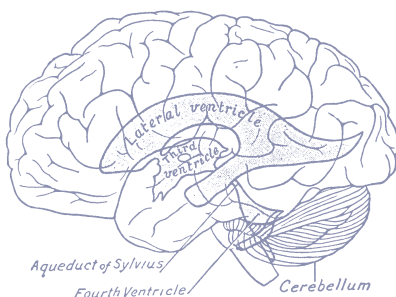
OVERVIEW

At any given moment, you have access to FIVE DIALS: Breath, Focus, Self-Talk, Movement, and Non-Sleep Deep Rest (NSDR).

Each time you consciously turn one (or more) of these dials you change how you think, feel, and act in real-time. With PRACTICE you create new neural connections, and ultimately update the human operating system that is your brain.

ADD-ON RESOURCES (CONTACT US FOR PRICING):

- ✓ 24/7 ACCESS TO VIDEO REBEL HUMAN PLATFORM
- ✓ ONE-ON-ONE WITH JENNY TO CREATE PERSONAL PRACTICE PLAN
- ✓ PERSONALIZED PRACTICE VIDEOS
- ✓ FULL SOUND BATH (IN PERSON OR VIRTUAL)



AGENDA

- 9:00-INTRODUCTION
- 9:30-REBEL HUMAN WAY TRAINING
- 10:30-THE BRAIN + ALLOSTASIS
- 11:00-BREATH DIAL + PRACTICE
- 11:30-FOCUS DIAL + PRACTICE
- 12:00-NON-SLEEP DEEP REST DIAL
- 12:30-INTUITIVE EATING + MINDFUL LUNCH
- 12:30-WALK + SELF-GENERATED OPTIC FLOW
- 12:45-SOUND BATH AND REST
- 1:00-MOVEMENT DIAL + MOVE
- 2:00-SELF-TALK DIAL + PRACTICE
- 2:30-PUTTING IT ALL TOGETHER REAL LIFE SCENARIOS
- 3:30-FIVE DIALS FOR INNOVATION
- 4:00-UNDERSTANDING INTEROCEPTION, ALLOSTASIS, AND WORKING WITH EMOTIONS
- 4:30-EMOTIONS, EGO, COMPASSION, AND LEADERSHIP - BEING A REBEL HUMAN LEADER
- 5:00-CLOSING