

AUTO —
IONOMIC



TRAINING THE BRAINS OF HIGH PERFORMERS

Performance **measurement** and
enhancement software for the brain.





ELEVATED AUTOPILOT

What is it worth to have
your team even
10% MORE PERFORMANT?

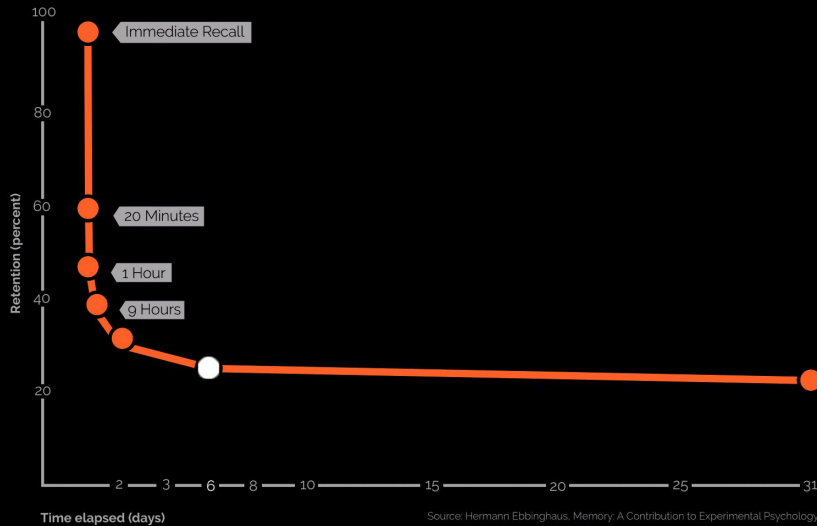




**MOST EMPLOYEE
PERFORMANCE
SOLUTIONS
FAIL TO ADDRESS
THE ROOT PROBLEM**



TYPICAL EMPLOYEE TRAINING DOESN'T STICK




If new information
isn't applied, **we forget**
75% of it after 6 days



A hand is shown holding a glowing, translucent globe that reflects the surrounding environment. The background is a soft-focus sunset or sunrise scene with warm orange and yellow light filtering through trees. The overall mood is hopeful and aspirational.

**WE
BELIEVE
IN
BETTER**


The logo for Autonomic, consisting of a stylized orange 'A' shape.

Autonomic is a unique, highly personalized **neuroscience-based** training program for high-achievers in **high-demand companies** to improve their performance performance and wellbeing.



SCIENCE BASED SCIENCE BACKED

Autonomic teaches high-achieving humans **what they need to know** to improve their brain performance, **apply it immediately** to real world situations, **provide daily feedback** to refine understanding, and **repeat** this cycle.



SCIENCE-BASED TECH FOR DRIVEN HUMANS



80+
brain performance habits
based on global peer
reviewed papers

9
branches of
neuroscience application

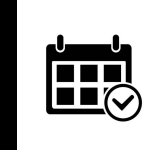
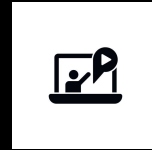
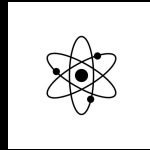
6
business ops & mgmt
analysis models

WHEN, WHY, & HOW
information is analyzed, provided, and what
habits are trained is the customized experience

THE EMPLOYEE EXPERIENCE



IMPROVED FOCUS, STRESS, ENERGY, MOOD & SLEEP



Customized
Programming

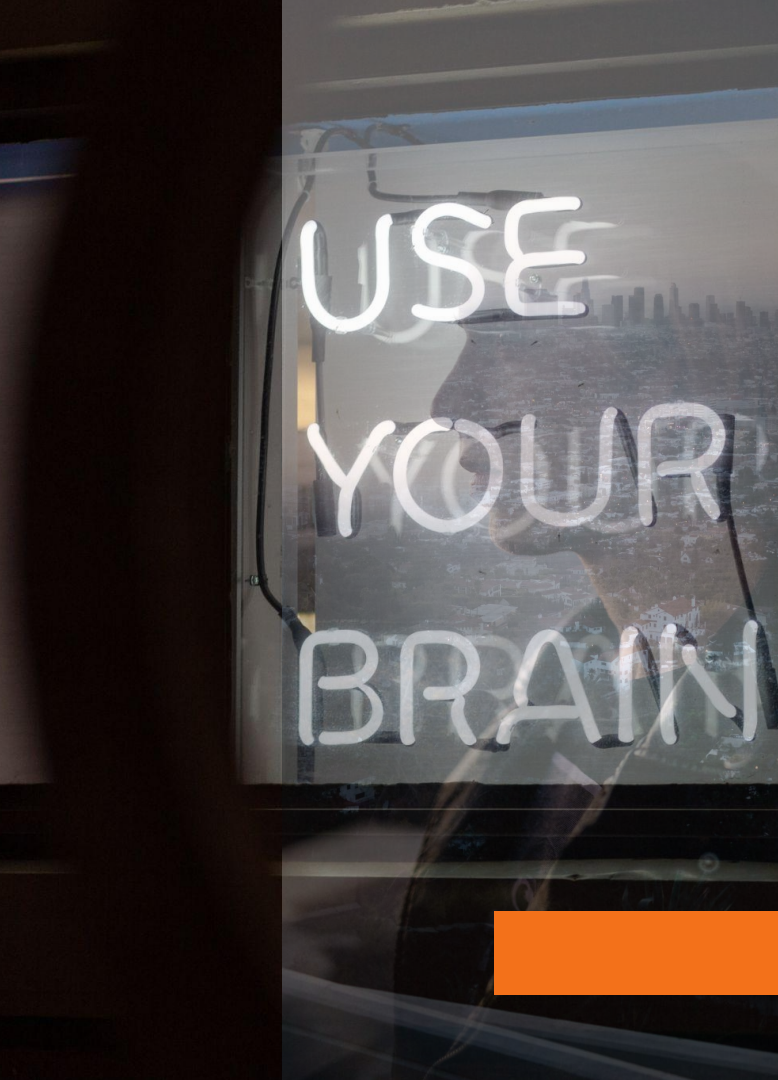
Performance
Diagnostics
& Monitoring

Science-based
Micro Learnings

Personalized
Performance Coaching

Daily Habit
Tracking &
Accountability

Increased Overall
Performance and
Wellbeing



USE
YOUR
BRAIN



AI + HUMAN PERFORMANCE COACHING

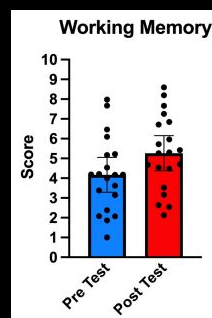
Autonomic enables high-achievers use their brains better by providing support and guidance from a real human performance expert **at scale**.

- **Brain Performance Coaching for Every Employee**
- **Company Performance Predictive Insights & Solutions** “Operational Habit Training”

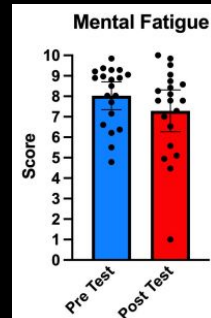


+5.5% improvement in
overall brain health in 4 weeks

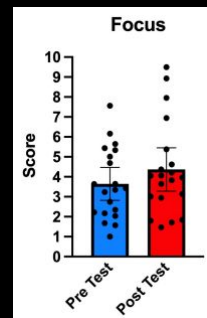
EFFICACY STUDY RESULTS



+11.6%
improvement



-4.5%
reduction



+9.0%
reduction

HOW IT WORKS



Live Workshop
& Software
On-boarding



Human / AI
Content &
Accountability



Data Driven
Personalized
Training Program



Daily
Habit
Tracking



Individual &
Company
Dashboards / Insights

Learning The Right Things
& *Spaced Repetition*



Increased Brain Optimization
& Business Performance

 *increases learnings 80%*



THIS IS
THE SIGN
YOU'VE BEEN
LOOKING FOR

YOU x AUTONOMIC

Applied Neuroscience + Cutting Edge Brain Tech & Research + High-Demand Performance + Culture Insights + Jamie Wood, CEO
Founder of Autonomic & Insight Labs

=

Increased Leadership Optimization & Business Performance



**COMPETITIVE
EDGE LUNCH & LEARN
FOR YOUR TEAM**

A person is captured in mid-air, performing a bicycle stunt. The bicycle is suspended horizontally, with the rider's legs and feet also suspended. The background is a bright, clear sky. In the lower foreground, a blurred crowd of spectators is visible, with a sign that says "SLIDE" partially seen.

**WE DO NOT RISE
TO THE LEVEL
OF OUR
EXPECTATIONS
WE FALL
TO THE LEVEL
OF OUR
TRAINING**

~ARCHILOCHUS

A solid orange rectangular bar is located at the bottom of the text area.



AUTO NOMIC

www.getautonomic.com
jamie@getautonomic.com