

# Revitalize Project



Custom solutions to help organizations of any size in any industry thrive by igniting and enabling their human performance potential.

April 2024

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# Transform Your Organization

*Create a culture of thriving, engaged, and committed employees, without turning the business upside down or investing countless resources.*

Employees who feel they are contributing to something of importance, have strategies for constructively managing difficulty and change, and can leverage tools to enable and sustain their wellbeing are better equipped to give the best of themselves to their work, their families, and their communities without compromising their purpose or values along the way.

Organizations that can create, enable, and sustain a culture where employees feel they are included, that they can make a difference, and that they can make decisions that contribute to their wellbeing will have more engaged employees who bring their capabilities and passion to the work they do.

Revitalize Project helps organizations around the world empower employees and create a culture of thriving.



# About Revitalize Project

We understand that creating a competitive advantage to achieve consistent success requires engaged and productive people who are committed, passionate, collaborative, and effective. To facilitate this, it is critical for each associate to feel that the organization cares about them as people and is willing to invest in the resources that will support them.

Revitalize Project is a science-based organization that leverages the research and best practices in human performance from the world of business, sports, and high-stakes arenas to create and deliver solutions to organizations worldwide. We provide custom neuroscience-based tools and training to elevate existing wellness and wellbeing programs.

Revitalize Project is:

- \*Woman-owned
- \*Minority-owned
- \*LGBTQIA+ -owned
- \*Considered a small & disadvantaged business





# Vision, Mission & Values



## Our Vision

Empowering people to live vibrant and meaningful lives. Helping organizations create the cultures that enable it.

## Our Mission

Leveraging research in the neuroscience of human behavior, along with science-based practices in human performance and sustainability, to create original content and deliver meaningful programs that contribute to thriving people and organizations.

## Our Values

Serving clients with **integrity**, **authenticity**, **relevance**, and **impact**. Providing products and services that promote **purpose**, **autonomy**, **inclusion**, and **compassion**.

# Our Approach

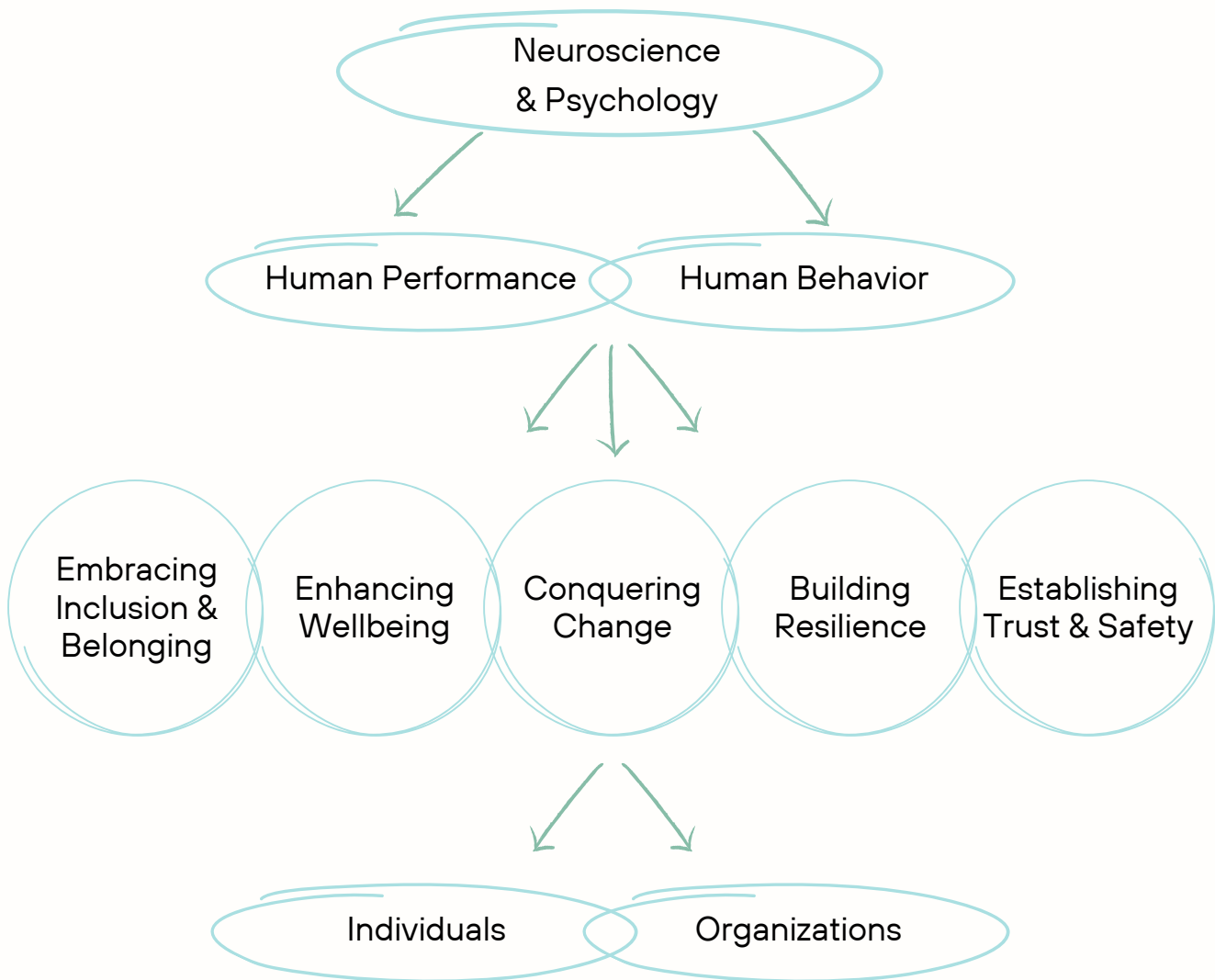
The neuroscience behind human performance and human behavior is integrated into our approach for any area of personal and organizational change to address the root factors. Most programs and approaches fail to dig in to the root causes and thus are less likely to achieve meaningful change.

When neuroscience is strategically leveraged, it lends itself to enhancing awareness, knowledge, skills, motivation, problem-solving, and self-management of an individual's physical body, emotions, cognition, and purpose to thrive at work, in school, and at home.



## Science-backed strategies

Addressing the root causes through neuroscience-based principles also allows managers and leaders to develop an organizational culture that enables autonomy, growth, ownership, and self-efficacy in individuals through a purpose-driven and conscious culture.

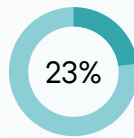


# Face the Facts

Investing in the ability of your employees to thrive personally and professionally boosts employee performance, engagement, and retention.



**1 in 2** U.S. employees are open to leaving their organization.



Only **23%** of employees worldwide report thriving at work.

**2x**

It costs up to **2x** an employee's salary to replace them.



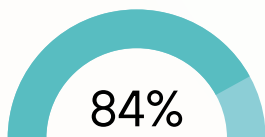
Companies with high engagement are **23%** more profitable



Employees who trust their employers have **74%** less stress & **40%** less burnout



Nearly **90%** of workers feel their work life is worsening.



**84%** of employees say improving wellbeing is a top priority.



**44%** of employees report a lot of daily stress at work.



**57%** of employees "quiet quitting" would change their company culture & wellbeing.

1. "The Relationship Between Engagement at Work and Organizational Outcomes". Gallup. October 2020.

2. "State of the Global Workplace 2023 Report". Gallup. 2023.

3. "The Neuroscience of Trust". Harvard Business Review. 2017.

4. "As workforce well-being dips, leaders ask: What will it take to move the needle?" Deloitte Insights. June 2023.

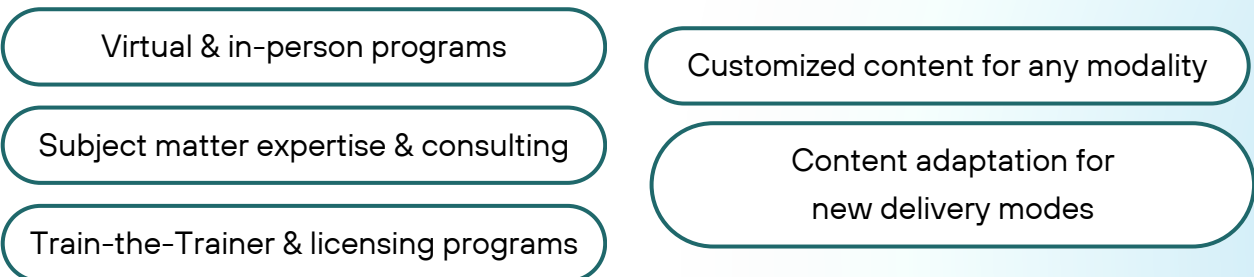


# Solutions & Services

Enabling your employees to thrive means providing strategies, tools, and resources to navigate the complex factors impacting individuals and organizations. We address each of these factors with meaningful programming customized to your needs.




## We Offer:



*All Revitalize Project solutions are available in English and Spanish*

# Signature Programs

A selection of our most requested programs to enhance wellbeing offerings, customizable to your organization. These programs are great for teams of any size and can be delivered virtually or in person.

|   |   |
|---|---|
|    | <p><b>The ART of Resilience</b></p> <p>Delve into the science of resilience and the ART of leveraging practical strategies to respond to challenging environments in a constructive manner, unlocking the ability to thrive in any circumstances.</p>                       |
|   | <p><b>Be Fearless &amp; Build Trust</b></p> <p>Discover the neuroscience of unlocking fearlessness in your organization to build trust, promote brave spaces, enhance inclusion, and boost collaboration.</p>   |
|  | <p><b>Somatic Action: Use the Body to Manage the Mind</b></p> <p>Explore a bottom-up approach to increase resilience by starting with the body, or somatic system, to regulate emotions and cognition.</p>  |
|  | <p><b>The Neuroscience of Wellbeing</b></p> <p>Understand the emotional and rational parts of the brain and their influence on stress responses, wellbeing behaviors, and choices. Learn to identify triggers and practical strategies to manage them more effectively.</p> |
|  | <p><b>The Neuroscience of Leadership</b></p> <p>Explore leadership through the lens of neuroscience. Understand how our own emotions and rational thinking influence our leadership behaviors.</p>  |

# Additional Programs

In addition to our signature programs, Revitalize Project offers expertise in a comprehensive selection of topics to fit diverse needs.

## Diversity, Equity, Inclusion & Belonging

The Neuroscience of Diversity, Equity, Inclusion & Belonging

Enhancing Inclusion by Understanding the Science of Exclusion

Autonomy: Amplifying Choice and Voice

## Leadership

Leading with Purpose

Leading with Emotional Intelligence and Agility

Creating a Thrive! Culture

Challenging the Organizational Mindset

## Wellbeing Fundamentals

Leveraging Purpose for Wellness Goals

Closing the "Knowing-Doing Gap"

Mind over Matter: Using Neuroscience to Achieve Lasting Change

## Resilience, Stress, and Burnout

Nutrition for Resilience

Sleep for Resilience

Physical Activity for Resilience

Mindfulness for Resilience

Thriving Through the Holidays

Recharge, Reset, Recover

## Physical Wellbeing, Body-Mind Integration, Nutrition, Exercise, Sleep

'inTESTYnal diSTRESS': Nutrition for IBS

Gut Check: Your Microbiome and Wellbeing

Mindfulness Applied: Physical Wellbeing

Physical Activity with Purpose

Nutrition for Cognition

The Neuroscience of Nutrition

# Revitalize Project Academy

Our newest modality, Revitalize Project Academy offers flexible, convenient, and affordable solutions for teams of any size.

Our robust catalog of online and hybrid training is tried-and-true content from decades of work in areas of applying neuroscience, psychology, and behavioral science to human performance, thriving workplace cultures, and the fulfillment of individual and organizational purpose, but in ways that bring teams more flexibility and convenience than ever before.

Revitalize Project Academy offers self-guided, hybrid, and comprehensive training solutions in all of our areas of expertise. With both asynchronous and synchronous options, you can customize the solutions to fit your needs.

Don't see what you are looking for? Just let us know! We are always rolling out new programs.

Learn more at  
**[academy.revitalizeproject.com](https://academy.revitalizeproject.com)**



## Featured Offerings:



### **The 30-Day Behavior Change Solution**

Unlock the potential for transformation through the science and best practices of behavior change .



### **Taking Somatic Action**

Explore a bottom-up approach to increase resilience by starting with the body to regulate emotions and cognition.



### **The ART of Resilience**

Learn the science of resilience and how to Adjust, Recover, and Toughen so our mind, emotions, and actions align with our purpose.



### **The Business of You: Blaze a Trail!**

Explore how you can leverage business principles to ignite your fire and thrive in life.

# Investment

## Virtual Programming

### Signature Keynote Session

Up to 75 minutes

\$1,500

### Signature Mini-Series

Four sessions up to 45 minutes each

\$4,000

### Signature Program Series

Three sessions up to 90 minutes each

\$6,000

### Custom Session or Series

Customize an existing program or build your own. Rates determined on a case-by-case basis.

Starting at  
\$2,000

*Virtual sessions do not include recording. Additional fees apply. Bundle and volume discounts available.*

## In-Person Programming

### Keynote Session

Up to 90 minutes

\$15,000

### Signature Program Workshop

Up to 8 hours

\$20,000

### Signature Program Multi-Day Workshop

Up to 8 hours per day

Starting at  
\$30,000

*In-person pricing does not include travel expenses. All travel expenses are incurred at cost. Bundle and volume discounts available.*



# Content Creation & Subject Matter Expertise

Revitalize Project works with clients in every industry to develop, update, and expand content for internal and external use.

Previous and current collaborations include FHI360, research grants under the National Cancer Institute, StressStop, Johnson & Johnson, the Federal Executive Institute, and Splunk. President and founder, Dr. Raquel Garzon, also serves on the editorial review board for the American College of Sports Medicine's Health and Fitness Journal and has published peer-reviewed articles and content.

Revitalize Project has helped collaborated on a wide variety of projects, including:

- In-person training and educational programs
- Online training and educational programs
- Online health and wellbeing modules
- Workbooks and participant activities
- Program facilitation guides
- Needs assessments
- Learning assessments
- Community outreach materials
- Radio, television, and video content



# About the Founder

## Dr. Raquel Garzon

As the president and founder of Revitalize Project, Dr. Raquel Garzon is committed to helping every individual thrive. As a bilingual speaker, author, and constructive disruptor, Raquel has spent the last 20+ years transforming lives using her expertise in the neuroscience of health, wellbeing, performance, and leadership. She has worked with thousands of high performers in the areas of business and sports in over 25 countries, and presented to executive audiences from 40 of the top Fortune 100 companies as well as to 12 CEOs of Fortune 500 companies.

Raquel earned her Doctor of Health Science degree with a concentration in Global Health from Nova Southeastern University. In her doctoral studies, she focused her efforts in neuroscience and its impact on behaviors and behavior change. Dr. Garzon also holds a Bachelor of Science degree in Nutrition from the University of Florida and a Master of Science degree in Nutrition from Texas A&M University. She is a certified ASQ Six Sigma Green Belt, Registered Dietitian, Certified Personal Trainer, a QPR Suicide Prevention Gatekeeper Trainer, Certified Mental Health Integrative Medicine Provider, and has a certification in Traumatic Stress Studies.

**Get to know Raquel** 



**Let's connect!** 





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