VITAL WORKS
STRESS MASTERY ACADEMY

SPONSOR FIRST RESPONDERS.

Equip first responders with training in human-system stability, regulation, and greater capacity under extraordinary pressure and repeated exposure to trauma.

BEYOND STRESS AWARENESS. BUILDING STABILITY.

First responders are expected to stay steady through unpredictable emergencies, high-stakes decisions, and repeated exposure to human suffering and trauma. Stress Mastery Academy (SMA) goes beyond learning about stress. It delivers practical human-system stability training designed to strengthen regulation, recovery, and the capacity to respond effectively when demands are extraordinary.

WHAT EACH SPONSORED FIRST RESPONDER RECEIVES

- **ON-DEMAND SMA ACCESS**
  On-demand training in regulation and capacity, accessible around changing shifts.
- **BIOMETRIC FEEDBACK DEVICE**
  Real-time physiological insight connecting learning with the body's stress response.
- **PRACTICAL NERVOUS-SYSTEM TRAINING**
  Skills designed to support steadiness, recovery, and capacity across demanding calls and shifts.
- **LIVE EXPERT LEARNING**
  Biweekly Capacity Expansion Sessions with Dr. Tami Berry, MD, for questions and application.

$25,000 STARTING COHORT: FIVE FIRST RESPONDERS

Includes on-demand SMA access, biometric devices, materials, and biweekly live expert sessions.

PATH TO PARTNERSHIP

1 CONNECT + CHAMPION

Thank you for being a strong community advocate! Email info@vitalworks.co; the Vital Works team will respond within 24 hours.

2 SHAPE THE PARTNERSHIP

Confirm sponsorship goals and coordinate a cohort of five or more first responders with Vital Works.

3 KICK OFF TOGETHER

Hold a kickoff call with the corporate sponsor or partner, Vital Works, and the sponsored first responder cohort to launch together.

MEET THE EXPERT BEHIND SMA

Dr. Tami Berry, MD, is a physician and creator of Stress Mastery Academy. Her medical and clinical background informs practical education in human-system stability, stress regulation, recovery, and performance under pressure.

SUPPORT THE PEOPLE WHO SHOW UP WHEN IT MATTERS MOST.

Start the conversation: **info@vitalworks.co** | vitalworks.co