VITAL WORKS
STRESS MASTERY ACADEMY

SPONSOR HEALTHCARE PROFESSIONALS.

Help equip healthcare clinicians with human system stability training for demanding care environments.

BEYOND STRESS AWARENESS. BUILDING STABILITY.

Doctors, surgeons, nurses, nurse practitioners, and physician assistants carry the responsibility of caring for others while navigating critical decisions, unpredictable demands, and sustained emotional and physical pressure. Stress Mastery Academy (SMA) goes beyond stress awareness with practical human system stability training designed to strengthen regulation, recovery, and capacity in high-stakes healthcare environments.

WHAT EACH SPONSORED PROFESSIONAL RECEIVES

- **ON-DEMAND SMA ACCESS**
  On-demand training in regulation and capacity, accessible around demanding work schedules.
- **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 during demanding shifts and critical moments.
- **LIVE EXPERT LEARNING**
  Biweekly Capacity Expansion Sessions with Dr. Tami Berry, MD, for questions and application.

$25,000 **STARTING COHORT: FIVE PROFESSIONALS**

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 healthcare professionals with Vital Works.

3 KICK OFF TOGETHER

Hold a kickoff call with the corporate sponsor or partner, Vital Works, and the sponsored healthcare 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 THOSE WHO CARE FOR OUR COMMUNITIES.

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