VITAL WORKS | HUMAN SYSTEM STABILITY

The day is over.
Your system is still in it.

Practical training for physicians, surgeons, and clinicians who want to think clearly, lead well, and recover from the demands of care.

You can be excellent at what you do and still recognize this:

- The difficult moment has passed, but your body stays on alert.
- Under pressure, your patience or clarity can be harder to access.
- You carry the day home when you want to be present with the people you love.

> **You do not need more pressure to perform. You need skills for working with the human system doing the performing.**

Meet Human System Stability™

Your training built extraordinary clinical capability. Human System Stability™ is the capacity to adapt to demand without chronically losing access to yourself: mobilizing when needed, regulating through pressure, and recovering afterward.

Stability is not perpetual calm. It means more consistent access to clear thinking, emotional steadiness, communication, and intentional action at work and at home.

How do you build it?

Created by former surgeon Dr. Tami Berry, MD, Stress Mastery Academy™ is the eight-week training at the heart of the Clinician Stability Initiative™. Participants learn to:

- **Notice your state.** Recognize early signs of activation so you can respond before pressure builds.
- **Shift in real time.** Use measurable heart-rhythm feedback to practice self-regulation and build greater internal stability.
- **Recover with intention.** Learn to transition out of clinical demand and be more present with your children, family, and loved ones.
- **Lead from greater capacity.** Bring greater clarity, awareness, and choice to the decisions you make, the conversations you have, and the people you lead.

YOU CAN BEGIN NOW.

Individual enrollment and Clinician Stability Initiative™ programs serve large organizations and independent practices.

Explore the program: www.vitalworks.co

Vital Works Co., LLC · Founded by Dr. Tami Berry, MD

SMA is educational and professional development, not medical or mental health treatment. Experiences vary. Individual skill development complements needed workplace changes.