VITAL WORKS
STRESS MASTERY ACADEMY

SPONSOR TEACHERS.

Equip teachers with practical human system stability training to strengthen regulation, recovery, and capacity amid sustained classroom demands.

BEYOND STRESS AWARENESS. BUILDING STABILITY.

Teachers are entrusted with educating future generations while meeting extraordinary demands on their time, attention, and emotional capacity. Complex classroom needs, constant decisions, and competing expectations require steadiness every day. Stress Mastery Academy (SMA) goes beyond stress awareness with practical human system stability training designed to strengthen regulation, recovery, and capacity under sustained pressure.

WHAT EACH SPONSORED TEACHER RECEIVES

- **ON-DEMAND SMA ACCESS**
  On-demand training in regulation and capacity, accessible on their own 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 through demanding school days and difficult moments.
- **LIVE EXPERT LEARNING**
  Biweekly Capacity Expansion Sessions with Dr. Tami Berry, MD, for questions and application.

$25,000 STARTING COHORT: FIVE TEACHERS

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 teachers with Vital Works.

3 KICK OFF TOGETHER

Hold a kickoff call with the corporate sponsor or partner, Vital Works, and the sponsored teacher 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 EDUCATORS WHO SHOW UP EVERY DAY.

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