



The Science of Recovery

Building strategies to thrive in relentless change

In this evolving environment where the intensity and pressure of work is unlikely to lessen, adaptive, recovery-focused behaviour is paramount to build individual resilience and create a network of empowered staff.

Our Science of Recovery program is based on research and human behaviour, using science-driven technology to put strategies for proactive recovery into action. Focusing on four domains: physical, emotional, mental and spiritual, the program helps you explore the importance of recovery in a modern workplace – and its role in achieving peak performance.

Across the program you'll learn a range of stress-reduction techniques and practical ways to take your performance to new levels, effectively building your capacity for resilience.



Master State

Learn to regulate and master your physiological and psychological state.



Energy and recovery

Understand your natural rhythms of energy and recovery across time.



Habit formation

Learn the tools to develop and build habits for recovery and success.