

Innovative Multimodal Stress Assessment and Training Program to Enhance Performance

Purpose

This study evaluates whether the Innovative Multimodal Stress Assessment and Training Program can optimize performance in a wide range of high-stakes activities.

Hypothesis

1. There will be an improvement in performance shown by standardized test scores.
2. There will be a high overall satisfaction with the Program shown by a high Net Promoter Score.
3. Innovative Multimodal Stress Assessment and Training Program can effectively measure highly impacted physiological response and most effective mindfulness-based technique (using galvanic skin response, heart rate, respiration rate, and skin temperature).

WORLD-CLASS NET PROMOTER SCORES



The Innovative Multimodality Training Program was successfully deployed to 80 participants across several high-stakes activities (e.g. students, athletes, musicians, and workers), with World-Class Net Promoter Score ratings

50+ = Excellent; 70+ World Class

Methods

- 80 participants were taken through the Innovative Multimodal Stress Training program. Over the course of several years, only 50 participants' results were retrieved with 43 of them being fully entered and used.
- 12 participants reported their Actual standardized test scores pre-post training.
- The participants were self-selected diverse cohort across assorted activities. The group included students, athletes, musicians, and workers.
- The participants were taken through an 8 session Innovative Multimodal Stress Assessment and Training Program.
- The First session was a stress profile to identify a highly impacted physiological response. Followed by the second session, the stress management profile to identify the most effective mindfulness-based technique.
- The technique having the greatest impact on the initial and consistently reaffirmed stress response was then used for training the remaining sessions. The training was thus individualized and, through the practitioner, also task-specific.

Participants Comments

"I experienced increased self-awareness, and a heightened ability to avoid the "fight or flight" response through breathing and mindfulness training. I also experienced an increased ability to focus."

"I experienced a huge shift in my mentality. I felt so much more comfortable and confident"

Discussion

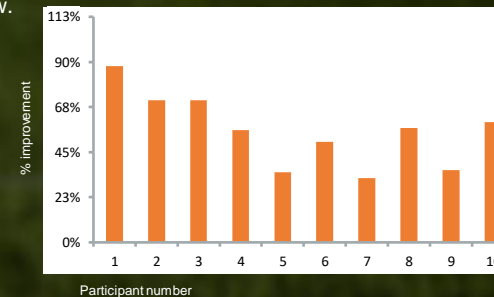
The Innovative Multimodal Stress Assessment and Training Program improved performance in individual and group setting across all activities. The individual subset of students taking standardized testing saw an improvement on average of 56% from pre-program scores.

Additionally, substantial satisfaction was confirmed by high Net Promoter Scores of +78 with no detractors.

Finally, the Innovative Multimodal Stress Assessment and Training Program can effectively measure individualized high impacted physiological response and most effective mindfulness-based technique as indicated by the improved performance and scores. In addition, these measurements were effective in guiding the practitioner to individualize and make task-specific training programs.

AVERAGE 56% STANDARDIZED TEST PERFORMANCE IMPROVEMENT

The impact of the Innovative Multimodal Stress Training Program was assessed in 12 participants (students) with standardized test scores. Stress is a validated determinant of under-performance. Students in need of improved scores after multiple previous attempts at testing are shown below.



Participants achieved an average 56% improvement in test scores, after participating in the training program, based on the percentage increase in score available, relative to their pre-program score.