



ALTITUDE WELLNESS

A HUMAN PERFORMANCE & CHANGE RESILIENCE DIVISION OF ALTITUDE GROUP



ALTITUDE WELLNESS EMPOWERS ORGANIZATIONS TO RECLAIM UP
TO 20% OF ANNUAL PRODUCTIVITY CURRENTLY ERODED BY
SYSTEMIC BURNOUT, TRANSFORMING HUMAN CAPITAL FATIGUE INTO
A HIGH-YIELD OPERATIONAL ASSET.

SUPPORTING ORGANIZATIONS THROUGH PRESSURE, TRANSITION, AND SUSTAINED PERFORMANCE.



Table of Contents



THE FOUNDERS & THE PHILOSOPHY

OUR MISSION

THE BUSINESS IMPERATIVE

WELLNESS TIERS & INVESTMENT

TERMS & INCLUSIONS

THE PROCESS

CONTACT US



The Founders & The Philosophy

ALTITUDE WELLNESS WAS ESTABLISHED BY CHARITHA MALALASEKERA AND NATLIE JACKSON, FOUNDERS OF ALTITUDE GROUP AND ALTITUDE TALENT, A PREMIER GLOBAL TALENT AGENCY.

THEIR TRANSITION INTO THE WELLNESS SPACE WAS NOT A TREND-BASED EXPANSION, IT WAS A STRATEGIC RESPONSE TO WHAT THEY CONSISTENTLY OBSERVED IN THE MARKET.

THROUGH YEARS OF CONSULTING WITH HIGH-PERFORMING PROFESSIONALS, THEY IDENTIFIED A CRITICAL PATTERN: TOP TALENT WAS NOT LEAVING ORGANIZATIONS DUE TO INCOMPETENCE, THEY WERE LEAVING DUE TO DEPLETED MENTAL AND PHYSICAL CAPACITY.

THEY RECOGNIZED A DEFINING PRINCIPLE: CORPORATE GROWTH IS UNSUSTAINABLE WHEN THE HUMAN ENGINE IS RUNNING ON EMPTY.





The Mission

TO RETAIN HIGH-PERFORMING TALENT BY STRENGTHENING THE MENTAL, PHYSICAL, AND LEADERSHIP FOUNDATIONS THAT SUSTAIN LONG-TERM PERFORMANCE. ALTITUDE WELLNESS PROTECTS ORGANIZATIONS FROM BURNOUT-DRIVEN ATTRITION, RESTORES WORKFORCE PRODUCTIVITY, AND ENSURES TEAMS REMAIN RESILIENT, ENGAGED, AND CAPABLE, EVEN IN HIGH-PRESSURE ENVIRONMENTS.

The Alt^{itude} Edge

ALTITUDE WELLNESS IS NOT A PASSIVE, ENGAGEMENT-STYLE WELLNESS PROGRAM.

IT IS A HIGH-IMPACT INTERVENTION MODEL BUILT ON A TRIPLE-PILLAR FRAMEWORK INTEGRATING:

 **PSYCHOLOGIST** - CLINICAL INSIGHT

WELLNESS COACH - BIOLOGICAL & LIFESTYLE OPTIMIZATION

EXECUTIVE COACH - STRATEGIC LEADERSHIP REINFORCEMENT

BY ADDRESSING PERFORMANCE FROM CLINICAL, BIOLOGICAL, AND STRATEGIC DIMENSIONS WITHIN ONE CONDENSED ENGAGEMENT, ORGANIZATIONS RECEIVE A TURNKEY SOLUTION TO PROTECT THEIR MOST VALUABLE ASSET, *their People*.



EMPLOYER BRAND POSITIONING
SIGNAL TO TOP-TIER TALENT THAT YOUR
ORGANIZATION INVESTS IN LONG-TERM
HUMAN MASTERY.

PERFORMANCE OPTIMIZATION
SHIFT TEAMS FROM PRESENTEEISM TO PEAK
OPERATIONAL STATE.

DECISION INTEGRITY
PROTECT COGNITIVE RESERVES IN
LEADERSHIP DURING HIGH-STAKES PERIODS.

TALENT RETENTION
REDUCE THE HIGH FINANCIAL AND
CULTURAL COST OF BURNOUT-DRIVEN
ATTRITION.



The Business
Imperative



Terms & Inclusions

THE EXPERT PANEL

ALL TIERS INCLUDE THE FULL TRIPLE-PILLAR TEAM:

- ❖ PSYCHOLOGIST
- ❖ WELLNESS COACH
- ❖ EXECUTIVE COACH

PERFORMANCE REINFORCEMENT

EACH PARTICIPANT RECEIVES A CURATED PERFORMANCE GIFT SET TO EXTEND LEARNING BEYOND THE SESSION.

LEGACY TIER EXPERIENCE INCLUDES:

- ❖ EXCLUSIVE LUXURY RESORT VENUE HIRE
- ❖ GOURMET WELLNESS-FOCUSED DINING
- ❖ PRIVATE EXECUTIVE WELLNESS SESSIONS

DUE TO THE EXCLUSIVE NATURE OF VENUES AND PROGRAM STRUCTURE, INVESTMENT IS CONFIRMED FOLLOWING A PRIVATE DISCOVERY CONSULTATION.



The Process – A Turnkey Intervention Model

CONSULTATION

A FOCUSED DISCOVERY CALL
TO IDENTIFY
ORGANIZATIONAL PRESSURE
POINTS AND WORKFORCE RISK
INDICATORS.

TAILORING

THE EXPERT PANEL CUSTOMIZES
CONTENT ALIGNED WITH
INDUSTRY DEMANDS AND
LEADERSHIP DYNAMICS.

EXECUTION

SEAMLESS,
PROFESSIONALLY
MANAGED DELIVERY WITH
MINIMAL OPERATIONAL
DISRUPTION.

Contact Us

LET'S DISCUSS YOUR ORGANIZATIONAL NEEDS

WHETHER YOU ARE NAVIGATING WORKFORCE TRANSITIONS, ADDRESSING BURNOUT RISK, OR STRENGTHENING LEADERSHIP RESILIENCE. OUR TEAM IS READY TO SUPPORT YOU WITH A TAILORED INTERVENTION MODEL.

WE INVITE YOU TO CONNECT WITH US FOR A PRIVATE CONSULTATION.

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