



# HUMAN OPTIMIZATION COACHING

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# JASON HENDERSON BIO

## RETIRED NAVY SEAL MASTER CHIEF

I am a retired Navy SEAL Master Chief who served for 30 years and retired in 2020. I spent the majority of that time at the Tier 1 command (NSWDG). I completed 16 combat tours to numerous regions around the world. I run a non-profit, [fourpillarscollective.com](https://fourpillarscollective.com), that provides training to first responders in underfunded cities. I also have a security company, [hendosec.com](https://hendosec.com), where I train families in self-protection and provide physical security for families & corporate clients. I am also a performance and integration coach for struggling combat veterans, first responders, corporate executives, and professional athletes.

## Qualifications:

- Tier 1 Navy Seal
- Black Belt in Brazilian Jiu Jitsu (Under Gustavo Machado)
- Black Belt In Judo (Under Dave Camarillo)
- Navy Boxing Team Member
- Breatheology Master Instructor (Under Stig Severinsen)
- Psycho-Spiritual & Integration Coach
- Law Enforcement Defensive Tactics Instructor



# HUMAN OPTIMIZATION & PERFORMANCE COACHING

As a former Tier 1 Navy SEAL, I deeply understand the unique challenges high achievers face and how to overcome them. I have utilized and gathered many tools and approaches including unparalleled leadership tactics, peak physical performance, mental fortitude, and emotional vulnerability exemplifying true masculinity.

I exclusively work with highly-motivated leaders in their field who are ready to connect with their best self and take their lives to the next level. I work exclusively with 12 clients per tier and prefer to work with people in long-term packages for the greatest success and total transformation.

I know firsthand that there is no limitation to human potential and I also know that high achievers can get lost in their success. You reach your end goal, and a lack of fulfillment persists. Together, we can help you find your purpose with a fully customized multi-disciplinary approach. My approach can help you achieve your mental, physical, spiritual, and emotional goals and connect with your deeper purpose and Mission in this life. I'm also trained in psychedelic preparation and integration if you'd like this to be part of your transformational journey.





# HUMAN OPTIMIZATION COACHING OUTCOMES

- Learn tools and strategies used by a Tier 1 Navy Seal to improve your work and life performance
- Optimize your health and longevity through personalized training programs, support in discipline & motivation, strength & mobility coaching
- Manage and reduce stress with researched breath practices, nervous system regulation, & personalized stress mitigation plans
- Connect to your higher purpose through spiritual guidance and find the right daily practices for your unique goals. Align with your true purpose, regain focus on your mission, and inspiration
- Improve relationships with yourself and others for increased life satisfaction and effective interpersonal communication skills
- Discover a path to unlimited personal growth by evaluating areas of weakness in different categories of life & transcending these weaknesses with guidance, accountability, and support



# HUMAN OPTIMIZATION COACHING PLANS

PLANS & PRICING			
PLAN:	TIER 3	TIER 2	TIER 1
1:1 Coaching	2 Sessions	4 Sessions	Unlimited Sessions
Whole-Body Fitness Coaching	x	✓	✓
Tier 1 Psychological Strategies	✓	✓	✓
Spiritual Coaching	x	✓	✓
Unlimited Texting Access	x	x	✓
Unlimited Physical Fitness Form Reviews	x	x	✓
Unlimited Check-Ins & Accountability	x	x	✓
Quarterly Business/Home Training & Security Assessment	x	x	✓
Total Cost/Month:	\$1,080	\$4,450	\$9,950

**Tiers limited to 12 clients each**



# HUMAN OPTIMIZATION COACHING FEATURES

## **One-on-One Coaching**

- Convenient hour-long phone or video sessions. Tier 1 includes unlimited sessions with a recommendation of 1 session/ week
- Holistic strategies for mind, body, and spiritual wellness
- Whole-body fitness coaching
- Tier 1 psychological strategies
- Cultivating a relationship with your Higher Power

## **Tier 1 Special Features**

### Unlimited Question & Answer Access

- Unlimited texting access in executing your customized plan
- Physical fitness form reviews
- Check-ins and accountability

### Additional Emergency Calls, As Needed

- Real-time processing and problem-solving for acute issues
- Contingency planning for potential pitfalls and challenges
- Interpersonal and personal support

### Quarterly Home or Business Training & Security Assessment

Contact [hendopeakperformance@gmail.com](mailto:hendopeakperformance@gmail.com) to set up an interview

Self-Protection Courses and In-Person Security Training Available at 50% off original price

**RAW Podcast**

**The Culture Matters Podcast**

**Six Tactics for Self-Improvement**

**Controlling Someone Without Excessive Force**