



WAKE UP READY™. SHOW UP WORK READY™.

Interactive Workforce Training for Stress Management, Physical Readiness & Recovery

THE PURPOSE

Equip employees with practical, repeatable skills to adapt to high-stress situations, perform effectively under pressure, and build greater capacity to recover, developing a more resilient, productive workforce that strengthens company performance and competitiveness.

The Martone Protocol™ is the culmination of more than **26 years of clinical experience, research, and practical application**, combining nervous system regulation, structural alignment, and recovery to improve human performance.

Dr. Peter Martone brings these principles into the workplace through interactive, hands-on training that teaches employees to **adapt to high-stress situations, maintain focus, make better decisions, and perform effectively under pressure.**

Employees learn, practice, and demonstrate skills to **manage their state, improve their structure, and optimize their readiness**, giving them greater control over how they respond, function, and perform throughout the workday.

The result: A more focused, adaptable, and capable workforce, supporting greater job satisfaction, employee retention, and long-term organizational success.

01

**WORKPLACE STRESS &
RESPONSE**

Manage Your State

02

**WORKPLACE ERGONOMICS &
PERFORMANCE**

Manage Your Structure

03

**FIVE KEY FACTORS OF
PERFORMANCE**

Manage Your Readiness

THE TRAINING EXPERIENCE

Three workforce skill sets. Practiced onsite. Applied during the workday.

1. WORKPLACE STRESS & RESPONSE — Manage Your State

Recognize → Respond → Adapt

- Understand workplace stress and distinguish productive from unproductive responses.
- Recognize stress patterns affecting focus, communication, and performance.
- Use heart-rate awareness to identify changes in physiological activation.
- Practice SPARE breathing and regulation techniques to regain focus.
- Apply **Pause → Assess → Prioritize → Act** under workplace pressure.
- Select effective responses to deadlines, interruptions, and challenges.

Onsite competency: Can I recognize stress responses affecting my performance, apply effective strategies to maintain focus and control under pressure, and make effective decisions in high-stress situations?

2. WORKPLACE ERGONOMICS & PERFORMANCE — Manage Your Structure

Assess → Align → Apply

- Evaluate workstation setup, ergonomics, and positioning based on job responsibilities.
- Identify inefficient postural patterns, including forward head posture and prolonged static positioning.
- Understand how positioning and movement influence physical comfort, attention, and task efficiency.
- Practice ergonomic adjustments and movement strategies for sitting, standing, reaching, and repetitive tasks.
- Assess balance, body awareness, and postural control.
- Demonstrate appropriate movement, balance, and positioning strategies during workplace tasks.

Onsite competency: Can I identify and correct ergonomic or positioning issues, apply effective movement and balance strategies, and demonstrate improved physical readiness and body awareness during workplace tasks?

3. FIVE KEY FACTORS OF PERFORMANCE — Manage Your Readiness

Recognize → Prioritize → Perform

Turn the 5 Core Elements of Recovery™ into practical workday recovery skills.

ATTENTION & RESPONSE CONTROL

Regain Your Focus

Establish clear priorities, manage competing demands, and redirect attention toward effective decision-making and task completion.

LIGHT & WORKDAY ALERTNESS

Work With Your Biological Clock

Use daylight, movement, and the timing of demanding tasks and important decisions to support alertness, concentration, and performance.

ENERGY & PERFORMANCE MANAGEMENT

Maintain Your Readiness

Adjust meal timing, hydration, movement, and environmental temperature to maintain energy, alertness, and consistent workday performance.

NEURO STRESS REGULATION

Perform Under Pressure

Apply practical skills to adapt to high-stress situations, maintaining focus to make effective decisions when performance matters the most.

STRUCTURAL ALIGNMENT

Support Your Structure

Apply practical alignment, movement, and balance strategies to improve physical readiness, support mental clarity, and maintain sharp decision-making throughout the workday.

Onsite competency: Can I identify and apply strategies from the Five Factors of Workplace Performance to improve my focus, physical readiness, and decision-making while adapting effectively to changing workplace demands?



4. READY Lifestyle™ — Extending the Value of Training

Following the onsite Martone Protocol™ training, employees have the opportunity to **opt into six months of complimentary access to Dr. Martone's Ready Lifestyle™ program**, at no additional cost to the organization.

This optional program provides monthly educational resources, recovery strategies, seasonal guidance, and community support to help employees reinforce what they've learned and continue building healthier, more productive habits.

All required instruction, skill development, and competency assessments are completed during the onsite training. **Ready Lifestyle™ is an additional employee benefit, not a requirement of the workforce training program.**

The training builds the skills. Ready Lifestyle™ helps employees apply them for the long term.

THE OUTCOME

More confident, resilient, and focused employees trained to make better decisions under pressure, adapt effectively to stress, and perform at a higher level, resulting in a more productive, engaged, and competitive workforce.

RECOGNIZE → APPLY → REASSESS → ADAPT
Their State. Their Structure. Their Readiness.

Designed to support broader workforce objectives:

- Work readiness & productivity
- Employee morale & job satisfaction
- Attendance & resilience
- Employee retention

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