



A WHITE PAPER ON EXECUTIVE STATE COMMAND

THE SOMATIC QUOTIENT

(SQ)

Bridging Autonomic Neuroception and Executive Governance to Address the Organizational Performance Gap Driven by Workplace Disengagement

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xaylatrinity.com · Portmore, Jamaica · 2026

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Published by Xayla Trinity Empowerment Services. First Edition: Digital White Paper Format.

Official Web Portal: *xaylatrinity.com*

SCOPE

Non-Clinical & Organizational Scope Disclaimer

This material presents the author's original operational frameworks, applied neuroception insights, and executive performance metrics. Xayla Trinity Empowerment Services (XTES) does not act as a clinical neuroscientific institute, psychological clinic, or licensed healthcare facility.

The concepts detailed herein — including the E.L.I.T.E. Empowerment Framework™, The Emerald Journey Framework™, In Posse Manual™, Manifestation Codex, Tough Team Talks™, Free Your Mind™, and the UPROOT™ Telemetry App — are non-clinical executive governance, state command, and organizational performance methodologies designed strictly for professional self-regulation and leadership optimization. **They are not a substitute for medical, psychological, or psychiatric care, and organizations should direct participants exhibiting clinical distress to licensed providers.**

METHODOLOGY & VALIDATION STATUS — ADDED FOR THIS EDITION

The SQ Index and its component measures (SRI, HAS, FI, RCS) are a proprietary, self-report-based operational framework developed by XTES. As of this edition, SQ has not been subjected to independent third-party psychometric validation (e.g., published reliability coefficients, test–retest stability, or a normative sample establishing the score tiers in Section III).

Organizations piloting SQ should treat the numeric bands in Section III as a working operational heuristic — useful for tracking an individual's or team's change over time — rather than as a clinically or statistically validated instrument comparable to established assessments.

This is the specific gap XTES's planned validation studies are designed to close, moving SQ's evidence base closer to the independently replicated, sensor-based standard set by organizations such as HeartMath Inc. (see Section I.4, Market Landscape). Results will be published as they become available.

AUTHOR'S PREFACE

Beyond the Neck-Up Illusion

For decades, enterprise leadership development has operated under a quiet, unspoken assumption: that human execution happens exclusively “from the neck up.”

We have trained executives to process data, map strategies, and practice emotional intelligence scripts. Yet, inside boardrooms and high-stakes operations, the same breakdown occurs. When acute pressure hits, strategic vision dissolves into defensive posturing, micro-management, analysis paralysis, and organizational drag.

This white paper's central premise is that human beings do not execute strategy with logic alone; execution is also shaped by physical physiology. When the autonomic nervous system perceives high-stakes friction, it braces — the jaw tightens, respiration shallows, and the body defaults toward a survival posture. Applied neuroscience suggests that in that moment, prefrontal executive function is measurably compromised.

This white paper introduces SQ (Somatic Quotient) as a proposed operational complement to IQ and EQ in executive performance — an emerging framework, not an established clinical standard — and details the operational technology XTES has built to help leaders bridge cognitive clarity with somatic composure.

— *Tina Simone Mowatt Reece (Xayla Trinity)*

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Portmore, Jamaica | 2026

SECTION I

Executive Summary & The Organizational Performance Gap

1. The Macro-Economic Context

Enterprise investment in corporate learning and leadership development exceeds **\$350 billion** globally per year (Research and Markets, 2024). Gallup's *State of the Global Workplace (2024)* reports that low employee engagement and unmanaged workplace stress cost the global economy an estimated **\$8.8 trillion annually** in lost productivity — approximately 9% of global GDP. Separately, McKinsey & Company research finds that roughly **70%** of organizational transformation and leadership change initiatives fail to achieve their stated outcomes.

2. The Applied Hypothesis Linking Disengagement and Autonomic Stress

The XTES framework bridges macro-economic productivity deficits to individual executive physiology through the following applied reasoning chain. This synthesis, while drawing on established research, represents an original applied framework that has not yet undergone end-to-end independent validation.

- ♦ **The Disengagement Driver** — Gallup's longitudinal Q12 meta-analyses indicate that managerial behavior accounts for approximately 70% of the variance in organizational engagement.
- ♦ **The Physiological Mechanism** — Polyvagal Theory (Porges, 1995/2011) and the Somatic Marker Hypothesis (Damasio, 1994) illustrate how the autonomic nervous system reacts to perceived friction with rapid, subcortical bracing, such as thoracic constriction or masseter clenching.
- ♦ **The Proposed Executive Effect** — XTES's operational position holds that sustained physiological bracing measurably constrains the high-order prefrontal processing essential for strategic IQ and empathic EQ.
- ♦ **The Organizational Consequence (Hypothesized)** — XTES proposes that chronic bracing precipitates defensive posturing and role friction — behaviors linked to the \$8.8 trillion in lost global productivity. This link is presented as a plausible mechanism rather than a verified causal effect.

XTES argues that traditional corporate coaching addresses this gap insufficiently, as it relies primarily on “Neck-Up” developmental models:

- ♦ **IQ (Intellectual Quotient)** — Analytical logic, data processing, and technical strategy.
- ♦ **EQ (Emotional Quotient)** — Social awareness, emotional labeling, and relational empathy.

While IQ maps the strategy and EQ provides intent, both are compromised when operational stress triggers autonomic bodily bracing — the specific performance gap SQ is engineered to bridge.

3. Introducing SQ (Somatic Quotient)

SQ (Somatic Quotient) is XTES's operational capacity metric, designed to estimate an individual's or team's autonomic state command under high-stakes friction — specifically, the capacity to recognize physical survival bracing, understand its link to strategic output, and apply somatic down-shifting practices to return to Composure (somatic calm) and Clarity (cognitive prowess).

4. Market Landscape: Where SQ Fits

The application of nervous-system science to leadership performance is an active and growing field, occupied today by two distinct, well-established approaches:

- ♦ **Coached, Embodiment-Based Practice** — Pioneered over four decades by practitioners such as Richard Strozzi-Heckler (Strozzi Institute), this tradition delivers somatic leadership development through in-person or facilitated coaching relationships — building embodied awareness and presence through direct practitioner guidance, without a standardized numeric scoring instrument.
- ♦ **Sensor-Based Physiological Monitoring** — Pioneered by organizations such as HeartMath Inc., this tradition measures autonomic state objectively via heart-rate-variability (HRV) hardware, supported by a substantial independent, peer-reviewed research base built over more than 30 years. This approach delivers device-measured precision but requires dedicated sensor hardware and does not, on its own, provide a coaching or belief-pattern intervention layer.

XTES designed SQ to occupy the space between these two poles: a self-directed, app-based telemetry and coaching framework that does not require wearable hardware, and is intended to scale across an enterprise workforce faster than one-to-one embodiment coaching typically allows. This is a statement of design intent and market positioning, not a claim that SQ has achieved the evidentiary standing of either established tradition.

In particular, XTES draws a clear distinction between its own self-report methodology and the objective, sensor-measured approach that underlies HeartMath Inc.'s peer-reviewed evidence base — a distinction addressed directly in the Methodology & Validation Status note above, and one that XTES's planned validation studies are designed to narrow over time.

Nothing in this white paper should be read as an endorsement, affiliation, or comparative efficacy claim regarding Strozzi Institute, HeartMath Inc., or any other named organization or methodology; each is referenced solely to describe the existing market landscape.

Note on Nomenclature: Within executive literature, 'SQ' has historically denoted Spiritual Quotient (Zohar & Marshall, 2000). Within the XTES architecture, SQ refers explicitly to Somatic Quotient—a physiological metric evaluating autonomic state command and neuromuscular composure during operational friction.

SECTION II

Neuro-Autonomic Foundations & the 0–1 Model

1. The Physiological Hierarchy of Executive Performance

Drawing on Polyvagal Theory (Porges, 1995/2011) and the Somatic Marker Hypothesis (Damasio, 1994), XTES's framework holds that physiological state materially influences cognitive capacity, and that the autonomic nervous system continuously monitors the environment through neuroception — a subcortical detection process that operates faster than conscious appraisal.

It is worth noting that Polyvagal Theory's specific physiological mechanisms remain a subject of ongoing scientific debate; XTES applies the theory's broadly accepted behavioral framework (regulated vs. defensive nervous-system states) rather than asserting a specific, uncontested neural pathway.

2. The Station 0 – Station 1 / Composure–Clarity Synergy Model

STATION 0 (Somatic Baseline) → STATION 1 (Cognitive Intent)

- ◆ **Station 0 (Somatic Baseline)** — Autonomic composure, vagal regulation, and reduced physical bracing in the masseter, cervical spine, and thoracic basin.
- ◆ **Station 1 (Cognitive Vector)** — Targeted strategic focus, clear intent, and decisive executive action.

THE OPERATIONAL PRINCIPLE

Station 1 execution is, in this framework, understood to be less reliable when Station 0 is disrupted by survival bracing. Securing Station 0 is positioned as supporting sustained prefrontal engagement during acute organizational pressure.

Tri-Phasic Autonomic States in Governance

Autonomic State	Somatic Markers	Associated Cognitive Profile
Ventral Vagal State(Station 0 Baseline)	Diaphragmatic breathing, open thoracic axis, regulated heart-rate variability.	Prefrontal engagement, flexible IQ and EQ access, unbraced executive authority.
Sympathetic Flight/Fight(Station 0 Disruption)	Micro-bracing — clenched masseter, elevated shoulders, shallow respiration.	Heightened vigilance, defensive posturing, reactive decision-making, team static.
Dorsal Vagal Shutdown(Station 0 Collapse)	Visceral fatigue, systemic numbness, mental exhaustion.	Analysis paralysis, executive apathy, strategic burnout.

SECTION III

The SQ Scoring Architecture

Somatic Quotient is evaluated across two complementary, interacting operational layers:

- ♦ **The SQ Baseline Assessment (SQ_{final})** — A periodic diagnostic measuring an individual's resting autonomic efficiency, somatic bracing, and overall capacity for stress recovery.
- ♦ **The SQ Event Score (SQ_{event})** — A real-time, event-contingent metric capturing physical composure and cognitive-somatic synergy during high-stakes operational friction.

While the two layers are designed to connect dynamically — with sustained composure at the Event level yielding long-term improvements in an individual's Baseline re-assessment — this link represents a core design hypothesis currently undergoing empirical validation.

1. SQ Baseline Assessment

The SQ Baseline Assessment is a 20-item self-report instrument administered at onboarding and quarterly intervals thereafter. It evaluates four core subscales, each normalized to a standard 0–100 scale:

Variable	Definition & Scale
SAI	Body Awareness Index — Quantifies interoceptive attunement: how readily an individual detects early physiological stress signals in real time without entering hypervigilance or somatic detachment.
FRI	Stress Load Index — Measures physical fatigue, involuntary muscular bracing (e.g., jaw, neck, core), and locus-of-control shifts under sustained demand. (Inverted during calculation.)
LARH	Life, Alignment & Relationship Health — Evaluates perceived psychological safety, autonomy, and relational support across home, social, and professional spheres.
SRS	Standard Recovery Speed — Measures the velocity at which the autonomic nervous system returns to baseline following acute operational stressors, factoring in primary stress-reaction style.

The four subscales combine into a composite Baseline SQ Index reported on a granular 0–1,000 scale, accompanied by derived analytics including the Somatic Tax Percentage (ST%), the Mind-Body Dissonance Gap, and a dynamic Stress-Reaction Bird Archetype.

Methodological Notes on Baseline Architecture

- ◆ **Removal of Post-Assessment Modifier** — The core calculation rests entirely on the weighted 20-question instrument. Historical check-in modifiers have been retired from the scoring engine and are retained exclusively for qualitative coaching context.
- ◆ **Equalized Domain Weighting** — Each of the four core subscales is assigned an equal 0.25 weight (25%). XTES maintains equal weighting as a deliberate methodological standard: absent validated empirical evidence that one domain predicts executive composure more strongly than another, all four domains are treated as equally load-bearing.

2. SQ Event Scoring Engine

The SQ Event Score is calculated in real time whenever an operational trigger or crisis event is logged inside the UPROOT™ Telemetry App workflow.

Mathematical Specification

To reward demonstrated composure under real-world pressure rather than penalizing exposure to stress, the Event Friction Index (EFI) acts as an escalating multiplier (Friction Factor: 1.00 – 2.00). The formula separates the Primary Somatic Core (80% weight) from Environmental Alignment (20% weight), scaled by a final presentation factor (K = 70):

$$SQ_{event} = [(SRI \times RCS \times (1 + (EFI - 1)/4)) \times 0.8 + (HAS \times 0.2)] \times 70$$

Operational Variables

Variable	Range	Mathematical Definition & Function
SRI	0.00 – 1.00	Somatic Regulation Index — Quantifies neuromuscular composure across four primary diagnostic regions (Masseter/Jaw, Cervical Spine, Thoracic Cavity, Abdominal Core). $SRI = 1.0 - (Active\ Bracing\ Zones \div 4)$. Zero active bracing yields $SRI = 1.00$; four active zones yield $SRI = 0.00$.
EFI	1.0 – 5.0	Event Friction Index — Operational severity rating assigned to the logged event (1.0–1.9 = routine; 2.0–3.4 = interdepartmental friction; 3.5–5.0 = crisis/restructuring). Converts to a Friction Factor via: $Friction\ Factor = 1 + ((EFI - 1) \div 4)$.
HAS	0.00 – 1.00	Happiness Alignment Score — Self-reported alignment across 10 performance dimensions (D1–D10, rated 1–10) from the Free Your Mind™ audit. Defined as: $(\sum D_i, i=1..10) \div 100$.
RCS	0.00 – 1.00	Root Coherence Score — Measures longitudinal deconditioning of recurring trigger patterns over time: $Resolved\ Trigger\ Scenarios \div Total\ Logged\ Trigger\ Scenarios$.

Balanced Event Engine

- ◆ **Primary Somatic Core (80% Weight)** — $SRI \times RCS \times \text{Stress Multiplier (1.0 to 2.0)}$
- ◆ **Environmental Alignment (20% Weight)** — $HAS (0.0 \text{ to } 1.0)$
- ◆ **Scaling Factor** — $\times 70 \rightarrow \text{Final Score (0 to 120+)}$

Event Score Tiers (Working Heuristic)

Band	Classification	Interpretation
Below 50	Reactive / High Bracing	Sympathetic reactivity dominates; executive logic is more likely to be compromised under stress.
51 – 95	Conditional Composure	Effective under routine conditions; more vulnerable to acute operational friction.
96 – 114	Integrated Command	Solid baseline state command across standard and moderate-friction scenarios.
115+	Sovereign 0–1 Synergy	Composure and prefrontal clarity preserved under high-stakes friction.

These bands are XTES's internal design targets, not the output of a normed population study. Read them as directional — higher is better, and movement over time is the meaningful signal — rather than as absolute clinical or statistical benchmarks until formal validation data is published.

3. Mathematical Methodology: The Baseline Index Calculation Chain

This subsection documents the complete, sequential calculation chain applied by the SQ Baseline Assessment engine.

Step A — Sub-Score Normalization

To accommodate non-applicable items without penalizing or inflating a user's score (particularly within the LARH sphere), each subscale is normalized to a 0–100 footing using the maximum points possible for the items actually answered:

$$\text{CategoryScore} = (\text{Points Earned} \div \text{Max Possible Points in Category}) \times 100$$

Step B — Directional Alignment (Inversion of Negative Indicators)

Because high raw scores in SAI, LARH, and SRS represent desirable health indicators, while a high raw score in the Stress Load Index (FRIraw) represents undesirable physical bracing and fatigue, the engine inverts FRIraw before composite aggregation:

$$\text{FRIadjusted} = 100 - \text{FRIraw}$$

This ensures that all four components point in a unified positive direction, where 100 represents optimal autonomic efficiency, and 0 represents severe friction.

Step C — Base Composite Score (SQbase)

The four normalized and directionally aligned subscales are aggregated into an equally weighted composite score bounded on a 0–100 scale:

$$\text{SQbase} = 0.25(\text{SAI}) + 0.25(\text{FRIadjusted}) + 0.25(\text{LARH}) + 0.25(\text{SRS})$$

Step D — Final Index Presentation Scaling (SQfinal)

To provide finer analytical resolution and allow subtle longitudinal shifts in composure to register visibly without rounding loss, SQbase is scaled linearly to a 0–1,000 index range:

$$\text{SQfinal} = \text{SQbase} \times 10$$

A theoretical maximum of 1,000 corresponds to a perfect 100 across all four normalized subscales; a floor of 0 reflects maximum biological strain and unmanaged friction.

Step E — Derived Analytics & Diagnostic Metrics

Somatic Tax Percentage (ST)

Somatic Tax estimates the percentage of an individual's daily available metabolic energy consumed by involuntary physical holding, bracing, and incomplete autonomic recovery. It is calculated as the inverse of recovery capacity (SRS), bounded between 5% and 95% to reflect biological realities:

$$\text{SomaticTax} = \min(95, \max(5, 100 - \text{SRS}))$$

Mind-Body Dissonance Gap

The Dissonance Gap highlights discrepancies between cognitive output drive and physiological state cost. It evaluates the delta between mental execution metrics (Drive) and somatic strain (ST% + FRIraw), identifying high performers at immediate risk of sudden autonomic exhaustion or chronic burnout.

Stress-Reaction Bird Archetype Mapping

By cross-referencing an individual's primary fight/flight/freeze/fawn bias against their primary anatomical holding zones (e.g., Masseter, Cervical, Thoracic, Abdominal), the engine maps the sub-score ratios onto dynamic Bird Archetypes (e.g., Quick Robin, Clenched Eagle, Soaring Falcon). This provides a non-pathologizing, actionable baseline profile for individual coaching conversations.

SQ Framework Variable Glossary

Acronym / Symbol	Full Variable Name	Operational Scope & Mathematical Definition	Value Range / Units
SAI	Somatic Awareness Index	Measures interoceptive attunement and the speed at which an individual detects early physiological stress signals in real time without hypervigilance.	0–100
FRI	Stress Load Index	Evaluates baseline physical fatigue, involuntary muscular bracing, and locus-of-control shifts under sustained demand. Inverted in calculations: $FRI_{adj} = 100 - FRI_{raw}$.	0–100
LARH	Life Alignment & Relationship Health	Quantifies psychological safety, personal autonomy, and relational support across personal, social, and professional spheres. Uses dynamic N/A denominator adjustments.	0–100
SRS	Standard Recovery Speed	Measures the rate at which the autonomic nervous system returns to baseline post-stressor. Directly drives the Somatic Tax calculation.	0–100
SRI	Somatic Regulation Index	Real-time event metric measuring active neuromuscular bracing across four key diagnostic regions: Jaw, Cervical, Thoracic, and Core. $SRI = 1.0 - (Active\ Zones \div 4)$.	0.00–1.00
OFI	Operational Friction Index	Real-time operational severity rating assigned to a logged crisis or high-stakes trigger event. Converts to Friction Factor via $1 + [(OFI - 1) \div 4]$.	1.0–5.0

HAS	Happiness Alignment Score	Baseline metric evaluating cognitive and environmental alignment across 10 strategic performance dimensions from the Free Your Mind Audit™.	0.00–1.00
RCS	Root Coherence Score	Tracks longitudinal deconditioning of recurring behavioral trigger patterns: Resolved Scenarios ÷ Total Logged Scenarios.	0.00–1.00
ST%	Somatic Tax Percentage	Derived metric estimating metabolic energy consumed by involuntary holding and incomplete recovery: $\min(95, \max(5, 100 - \text{RRS}))$.	5%–95%
K	Presentation Scaling Factor	Linear presentation multiplier (K = 70) applied to the composite event equation to expand analytical resolution and enable Tier 4 (115+).	K = 70

SECTION IV

Software Telemetry & Workflow Engine

The **UPROOT™ Telemetry App** (currently in active development as the mobile telemetry extension of the XTES ecosystem) is designed to provide automated tools for tracking and elevating SQ over time.

1. Dynamic Body Mapping & the In Posse Manual™

- ◆ **Embodied Hot-Zone Scan** — The user logs physical holding areas in the moment (jaw, cervical spine, chest, gut).
- ◆ **In Posse Manual™ Routing** — The app matches logged hot zones to targeted somatic reset protocols from the proprietary In Posse Manual™ — e.g., masseter release, thoracic vagal breathing — intended to support a return to Station 0 composure.
- ◆ **Urge Delta Tracking** — Records the gap between an initial impulsive reaction (e.g., “wanted to withdraw or confront”) and the executive's chosen response.

2. Cognitive-Somatic Pattern Deconditioning

Once Station 0 composure is re-established, the user is guided to revisit the trigger scenario and identify which of four common executive behavioral modes was active:

- ◆ **Over-Functioning Mode** — Compensating for perceived systemic vulnerability through micro-management and hyper-control.
- ◆ **Resource-Deficit Mode** — Reactive anxiety driven by perceived systemic or budget constraints.
- ◆ **Approval-Seeking Mode** — Defensive decision-making driven by external validation dependency.
- ◆ **Decision-Paralysis Mode** — Strategic avoidance and operational inertia under high-stakes threat.

Through guided visualization paired with somatic down-shifting, the goal is to decondition the association between the trigger and the reactive mode, gradually increasing Root Coherence (RCS) over repeated use.

SECTION V

Intellectual Property Suite & Implementation Roadmap

1. The Integrated 4-Tier IP Portfolio

Tier 1 — The Subconscious Audit Engine

- ◆ **Somatic Quotient Baseline Assessment (SQBA)** — The 20-item instrument that establishes an individual's resting autonomic efficiency (SQfinal), Somatic Tax Percentage (ST), and dynamic Bird Archetype.
- ◆ **Free Your Mind™ Digital Platform & LMS** — The foundational diagnostic and educational infrastructure, housing the Free Your Mind™ audit — the self-reported assessment yielding the Happiness Alignment Score (HAS) across 10 performance dimensions.

Tier 2 — Standalone Literature & Framework Handbooks

- ◆ **The In Posse Manual™** — Practical somatic reset protocols for resolving fight/flight/freeze states, routed directly by the SQBA diagnostic profile.
- ◆ **The Manifestation Codex™** — Reality engineering frameworks for personal alignment.
- ◆ **Tough Team Talk™** — Tactical protocols for interpersonal friction resolution.

Tier 3 — Executive Containers & Life Facilitation

- ◆ **B2B Team Interventions** — Enterprise-level container utilizing the E.L.I.T.E. Empowerment Framework™.
- ◆ **C-Suite Master Coaching** — High-touch, 1-on-1 executive coaching container using The Emerald Journey Framework™.

Tier 4 — Digital Telemetry Extension (Mobile Telemetry)

- ◆ **The UPROOT™ Telemetry App** — Real-time event-logging telemetry app that captures acute life events, executes automated trigger logging, routes users to instant somatic resets via the In Posse, and tracks longitudinal SQevent improvements against the Tier 1 SQBA baseline.

2. The 90-Day Enterprise Implementation Roadmap

Phase	Focus	Key Activities
Days 1–30	Audit & Onboarding	Subconscious belief audits via Free Your Mind™, baseline HAS/SRI calculation, and deployment of standalone literature (In Posse Manual™, Tough Team Talks™).

Phase	Focus	Key Activities
Days 31–60	Live Facilitation	Bespoke 1-on-1 C-Suite Master Coaching, live corporate workshops (The E.L.I.T.E. Framework™), and facilitated resolution of backchannel organizational friction.
Days 61–90+	Telemetry & Retention	Ongoing somatic tracking, 30-day post-intervention case reviews, and publication of an internal executive SQ Scorecard.

3. Hypothetical Executive Scenario

Illustrative Model Only — Not an Actual Client Case

OPERATIONAL CONTEXT

A Chief Technology Officer (CTO) is navigating high-friction software migration deadlines during a contentious stakeholder meeting.

1. Initial State & Logged Telemetry (Pre-Intervention)

During the meeting, the CTO logs an acute stress event via the UPROOT™ Telemetry App (Tier 4):

- ◆ **Friction Index (FI)** — 4.0 (High-stakes crisis / board-level conflict)
- ◆ **Somatic Regulation (SRIpre)** — 0.50 (Active neuromuscular bracing across two diagnostic zones: Masseter/Jaw and Thoracic Cavity)
- ◆ **Baseline Alignment (HAS)** — 0.85 (85% pre-populated baseline score from Free Your Mind™ Audit)
- ◆ **Root Coherence (RCS)** — 0.80 (80% historical trigger resolution ratio)

Calculations & Initial Findings

Friction Factor = 1 + (4.0 – 1) / 4 = 1.75

SQevent, pre = [(0.50 × 0.80 × 1.75) × 0.8 + (0.85 × 0.2)] × 70 = 43.26

- ◆ **Pre-Reset Classification** — Tier 1 — Reactive / High Bracing (43.26 < 50)

- ◆ **Diagnostic Finding** — Despite high organizational alignment (HAS = 0.85), active somatic holding drops the CTO into a threat-reactive state, causing severe cognitive leakage and compromising executive logic under pressure.

2. Targeted Somatic Intervention & Post-Reset Results

Prompted by the UPROOT™ Telemetry App, the CTO completes a 60-second targeted vagal reset mapped directly to the In Posse Masseter Protocol (Tier 2). The intervention disengages the sympathetic holding pattern, restoring full neuromuscular composure (SRIpost = 1.00).

$$SQ_{event, post} = [(1.00 \times 0.80 \times 1.75) \times 0.8 + (0.85 \times 0.2)] \times 70 = 90.30$$

- ◆ **Post-Reset Classification** — Tier 2 — Conditional Composure (90.30 ∈ 50–95)

3. Telemetry Impact Summary

Variable / Metric	Pre-State	Post-State	Operational Impact
Friction Index (FI)	4.0 (1.75)	4.0 (1.75)	Unchanged acute crisis
Active Holding Zones	Masseter + Thoracic	None (0)	Tension cleared via reset
Somatic Regulation (SRI)	0.50	1.00	100% composure restored
SQ Event Score	43.26	90.30	+47.04 point recovery
Classification	Tier 1: Reactive	Tier 2: Conditional	Shifted to executive clarity

CORE MATHEMATICAL INSIGHT

This illustrative model demonstrates that without altering external friction (FI = 4.0), a 60-second targeted somatic intervention yields an immediate +47.04 point increase in real-time operational capacity — shifting the leader out of survival reactivity and restoring prefrontal clarity under fire.

SECTION VI

The XTES Enterprise Intelligence Architecture

This section describes a future-state product vision. Nothing in Section VI reflects a currently built or deployed system — it is included to communicate design direction for enterprise and platform partners, and should be read alongside the Methodology & Validation Status note above.

As the SQ ecosystem matures beyond its current tiered set of standalone tools (Section V), XTES envisions consolidating the Somatic Quotient Baseline Assessment™, UPROOT™, Free Your Mind™, live leadership bespoke coaching, Team Workshops and enterprise reporting into a single AI-coordinated architecture. An AI Intelligence Layer sits between an individual's profile and the rest of the ecosystem, routing each person toward the right track and personalizing interventions as more of their data accumulates — rather than each tool operating as a separate, disconnected product.

1. Entry Point & Routing

An individual's first touchpoint is the SQ Baseline Assessment™, which establishes their subscale scores and Stress-Reaction Archetype. At that point, each individual is assigned a persistent, pseudonymous "Bird" Archetype ID { the Clenched Eagle } — their behavioral data is tracked against this ID rather than against their name or email. The AI Intelligence Layer uses the Baseline profile, archetype, and (over time) accumulated UPROOT event history to route the individual and tailor which interventions, resources, and somatic protocols are surfaced to them.

2. Two Tracks

The architecture organizes around two tracks, both coordinated by the same AI layer:

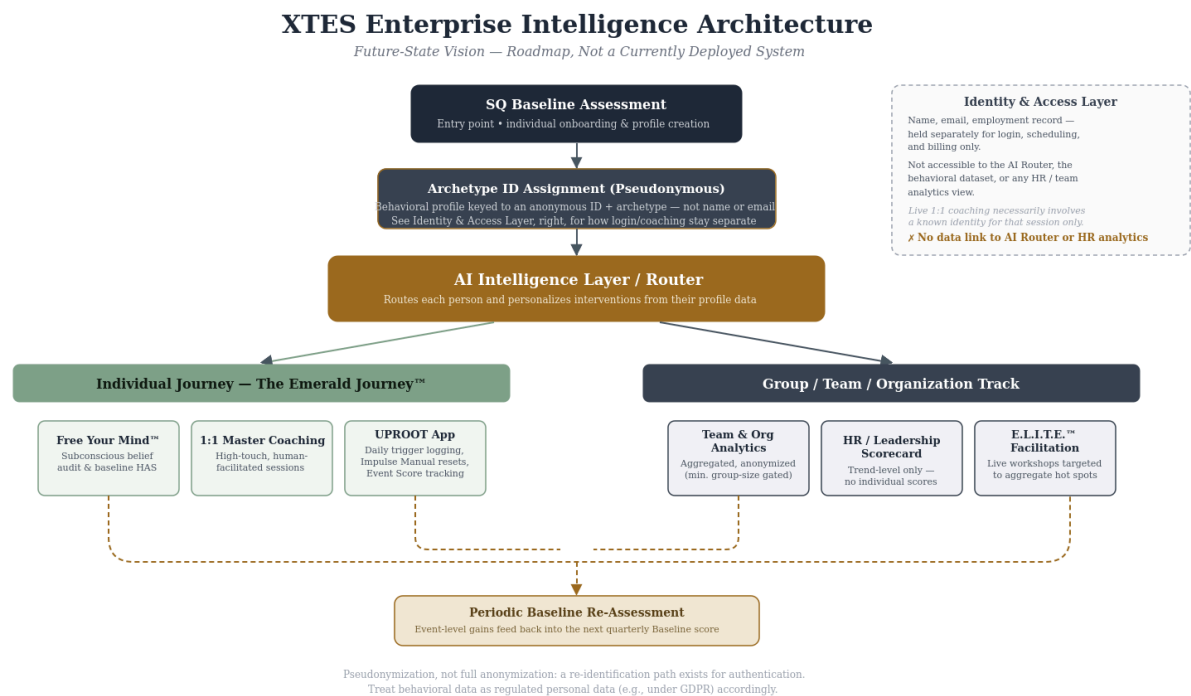
- Individual Journey — The Emerald Journey™: in this future-state architecture, The Emerald Journey becomes the umbrella brand for an individual's full personal path — digital, self-paced Free Your Mind™ belief auditing, high-touch Empowered Leadership 1:1 coaching, and everyday UPROOT™ app use — coordinated as one continuous experience rather than three separate products.
- Group / Team / Organization Track: individual data, in aggregate and de-identified form, rolls up into team- and organization-level analytics — feeding the executive SQ Scorecard and helping target E.L.I.T.E. Empowerment Framework™ live facilitation at the teams or archetype clusters showing the most strain.

Gains an individual makes at the Event Score level are designed to feed back into their next periodic Baseline re-assessment — the mechanism connecting day-to-day UPROOT™ use to an individual's longer-term SQ trend, and in aggregate, to the organization's SQ Scorecard.

3. Identity, Privacy & Data Governance

The architecture is designed so that no name, email address, or other direct identifier is attached to an individual's behavioral or scoring data as it moves through the AI Router, the event-logging system, or any team/organizational analytics view. Identity information (name, email, employment record) is intended to live in a separate, access-controlled Identity & Access Layer, used only for account authentication, scheduling, and billing — architecturally isolated from the behavioral dataset the AI layer and any HR or leadership reporting can see.

- No individual score is ever visible above the individual — leadership and managers see aggregated, anonymized trends only.
- Group-level reporting is gated by a minimum group size, so no individual can be inferred by elimination from a small team's data.
- Data rolling into any team-level view requires a separate, explicit opt-in from onboarding consent.



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