

CAPABILITIES OVERVIEW



ABOUT O2X

O2X partners with government agencies, public safety departments, DoD, and other elite organizations to provide customized performance and wellness programs designed to support and enhance mission readiness and resilience.



EAT

- Fuel cognitive function
- Boost energy
- Enhance physical health



SWEAT

- Reduce injury risk
- Maximize performance
- Increase durability



THRIVE

- Optimize mental health
- Manage fatigue
- Build resilience

WHO WE SERVE

O2X serves the entire ecosystem of organizations including employees, families, and other support personnel. The O2X team is comprised of 300+ subject matter experts and has trained 30,000+ people in person.



and more...

CAPABILITIES



Our science-backed approach integrates seamlessly with internal organizational resources. The program identifies and targets organizational needs through observation, education, training, and analysis.

- Program Managers & On-Site Specialists
- Virtual Resources
- Assessments & Reporting
- Program Management Support



O2X works collaboratively with the organization to develop a course curriculum that adapts to the needs of its members.

- Comprehensive, science-backed curriculum
- Education development by over 300 Human Performance Specialists
- Provides clear and actionable takeaways



O2X can absorb complex problem sets for organizations and deliver actionable solutions.

- Program Validation Studies & Needs Analysis
- Customized Consulting Work
- Testing & Assessment Design
- Facility Development & Remodel

IMPACT



3-5x ROI

For organizations with Integrated Specialist Programs

READINESS

- Partnership decreased non-deployable status by tackling medical disqualifications. Returned injured employees to operational status **33%** faster.

RESILIENCE

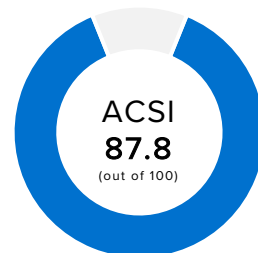
- Integrated Specialist Program partnership is actively working to reduce burnout so employees stay in roles longer and are more effective.

RETENTION

- A Training Division's medical dismissals decreased by **86%** from FY22 to FY23 after integrating the O2X program

PARTICIPANT FEEDBACK

10,000+ Responses



The American Customer Satisfaction Index (ACSI) currently tracks customer satisfaction with more than 400 of the largest corporations in the U.S.

The national average ACSI score is currently **73.6**.

Overall level of instruction

4.86 / 5.0



Overall experience with O2X

4.82 / 5.0



97.7% believe O2X met their expectations

98.6% believe O2X could make a positive impact on their unit

"The 1% goals each day really helped me transition meaningful changes without feeling like I was changing ME. I got the most out of the goal setting and mindset aspects of this course and feel so proud of my little wins each day. I feel healthier, stronger, and more resilient mentally and physically. I'm more connected with my loved ones, more intentional with my time, and optimistically driving culture change within my unit."

EXPEDITIONARY

CUSTOMIZED

SCALABLE