



## World leader in training and education for tactical athletes

The O2X team is comprised of U.S. Special Operations veterans, Olympic and elite collegiate athletes, and a continually growing network of human performance specialists who are subject matter experts and leaders in their respective fields. We provide world class training and education designed to meet the dynamic demands of tactical operators and the first responders who keep our communities safe.

### IN-PERSON TRAININGS

In-person workshops are our cornerstone product. Our approach to Human Performance begins with our EAT SWEAT THRIVE curriculum, which was designed to make a lasting impact on the health, safety, and performance of tactical athletes and elite organizations. The core curriculum is science-backed and taught by leading experts in each field. O2X offers a systematic approach to developing a culture of excellence.

### ONLINE EDUCATION AND VIRTUAL CERTIFICATION PROGRAMS

O2X provides a variety of virtual offerings, courses, certifications and educational content in each category of human performance. Our material and coursework are distributed through our Portal, quarterly magazine, and a continuously growing list of digital offerings that ensure access to updates on the latest science and research in human performance and practical tools clients can implement into their daily lives.

### ON-SITE SPECIALIST STAFFING

O2X On-Site specialist staffing is designed for agencies looking to fill a full-time human performance position. This allows departments to let O2X control the screening, hiring, and employment of a fully vetted and certified, elite O2X Human Performance Specialist to improve the mental, physical, and emotional health of your members. The O2X On-Site Specialist program allows organizations to conduct testing and evaluation at an individual and department-wide level.

### HUMAN PERFORMANCE ASSESSMENT(S) & INJURY RISK SCREENING(S)

Our assessments provide the baseline for all that we do. They lay the foundation of our belief that you can get 1% better every day. Using a proprietary algorithm, O2X developed a questionnaire that determines a baseline analysis of human performance. Screenings identify team-wide trends so O2X can help individuals and departments implement proper injury risk reduction protocols.

## ACCREDITATIONS



Service Disabled Veteran Owned Small Business (SDVOSB)

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