

FOR FOUNDERS AND EXECUTIVES

Come back sharper. *Stay that way.*

Four disciplines, one plan

- 01 **Measure.** Your own physician, through an independent practice we are finalizing: a full assessment, the labs that matter for you and a wearable baseline. Your physician builds the plan on your data.
- 02 **Coach.** A weekly 45-minute session with a performance coach who knows your calendar and your targets, and keeps you honest.
- 03 **Practice.** KLZ Method (proposed): private sessions every other week in movement, breathwork and mind-body work, plus its on-demand library of 100+ classes. We will shape the format with KLZ.
- 04 **Immerse.** Four days in Pompano Beach in month two, three more in month five. Private rooms, a house chef, first light on the water with Epic Adventures FL (proposed). Watersports depend on weather and instructor assessment; every ocean session has a land-based alternative.

Built toward

- 01 **Nights that restore you.** A sleep routine built for your real schedule.
- 02 **Afternoons without the crash.** Your coach sets training, food and recovery to your data.
- 03 **More of your best hours.** Focus protected by design, not willpower.
- 04 **More of you at home.** Energy left for the people at home.

FOUNDATION • 3 MONTHS

THE RESET • 6 MONTHS

INVESTMENT

Fee	\$25,000	\$45,000
Physician	Assessment, labs and baseline	Assessment, labs, baseline and month-six reassessment
Coaching and KLZ	Weekly coaching; proposed KLZ Method sessions and library	Weekly coaching; proposed KLZ Method sessions and library
Immersion	Four days, month two	Four days, month two; three days, month five
Leave with	A written plan to carry on	A plan for the next six months

Continuation: \$1,500 a month for coaching twice a month, a monthly KLZ Method session (proposed), the library and tracking.

Physician care

An independent physician practice runs your assessment, labs and care. When medication is the right call, your physician prescribes it and you pay pharmacy cost, with no markup. The practice bills its fees directly. Your record stays with your physician; your coach sees what you choose to share.

NEXT STEP

KLZ: tell me where this fits and what you would change. Reply to shane@sefventures.com. Planned: five places per immersion.

Preview draft for discussion, not an offer; partners and scope are proposed and pending confirmation. The Reset is not a medical practice: independent licensed physicians and clinics provide clinical care and make every treatment decision. Individual results vary.