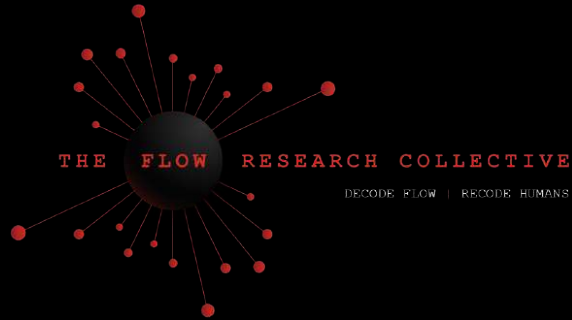

ZERO TO

DANGEROUS

UNLOCK HYPER FOCUS & FLOW TO BLAZE AHEAD IN TODAY'S WILDLY UNCERTAIN WORLD



Zero to Dangerous helps you rapidly accomplish your wildest professional goals while reclaiming time, space and freedom in your personal life.



Forbes

TED

Entrepreneur

FORTUNE



TIME

What Is Zero to Dangerous?

Zero to Dangerous is a neuroscience based peak performance training for high performing leaders, who are sacrificing more than necessary in their personal lives, yet achieving less than they're capable of, in their professional lives.

"If you're someone who's got big goals and an entrepreneurial mindset, this will radically expand what you're capable of achieving in life. These cutting edge tools will help you trigger flow states consistently so you can spend all day in that hyper productive zone. The changes I made are allowing me to write my next book in a fraction of the time!"



Vishen Lakhiani

Founder & CEO - Mindvalley

"Before training with the Flow Research Collective, I didn't know how to drive myself into the zone. Some days I'd crush it, but it was inconsistent. Now every workday is better than my best workdays used to be. I'm so much more productive, it's shocking how much of a difference it made."



Charles D. Lightfoot

Firefighter & CEO - Firebrand Media Group

What Kind of Results Should I Expect from Zero to Dangerous?



Laser like clarity about what the direction of your business and life, along with the strategy to get there in the medium term and EXACTLY what needs to be done in the short term.



Diamond like adaptability so that pressure, adversity and uncertainty forges you into a stronger, better leader.



Recession proof yourself by spending your entire work day in flow and stealing an immense edge over the competition.



500%+ increases in productivity so you can go to work on Monday and get the same amount done as you currently do in an entire week.



On demand access to flow states so you can spend your entire workday in that hyper focused zone and say goodbye to the distractions of politics, colleagues and trivial nonsense!



Annihilation of self-sabotage, urgency, and overwhelm so that you can be fully present with your family and those who matter to you.



Rockstar recovery so that you can become that person who's always perfectly rested and in that state of calm, composed ruthless effectiveness.



Buy Back Time & LIFE by rebuilding your approach to work and life from the ground-up and learning how to accomplish what currently takes days in hours.

Who Is Zero To Dangerous For?



Business Leaders

You're a leader in your field with a family who wants a better way to accomplish your biggest professional goals while living a better personal life than ever before.



Busy Executives

You're tired of the "21st century normal state" of always on, cortisol fueled, crazy busy, constant chaos and you want to graduate to a new, better way of living and working.



Knowledge Workers

As a highly skilled expert, you get paid based on your ability to use your brain to solve problems.



Overworked High Performers

You view yourself as a high-performer, but you are beginning to feel the price of the way you have been working.

Past Client Case Studies



NICKI SCHROEDER

Chief Marketing Officer Of
High Road Ice Cream, The
Fastest Growing Ice Cream
Manufacturer In The USA

BEFORE

“Running the fastest-growing ice cream manufacturer in the country and taking care of my family requires me to be on my feet non-stop.”

AFTER

“Zero To Dangerous has given me powerful peak performance tools for me **to take back control of my life and find balance in my hectic lifestyle.**”

Past Client Case Studies



RENAT GABITOV

Founder Of Operations
Mastery, Serial
Entrepreneur, Lifestyle
Engineer And Product
Lead At Bardeen

BEFORE

“Zero To Dangerous completely blew me away. I was looking to increase my performance by 10%, however, the program ended up doubling my performance.”

AFTER

“I attribute this result to the frameworks they teach and the scientific research behind their methodologies. *I also now wake up early every day feeling highly motivated and mission-driven*, all thanks to Zero To Dangerous.”



Past Client Case Studies



ALEX AZZI

Serial Entrepreneur,
Co-Founder Of Leaf
Energy, Founder And
COO of AAAgency

BEFORE

“I run multiple businesses and this has caused me to struggle a lot with lack of time. I have been searching for a way to solve this challenge and I found the solution through the Zero To Dangerous program.”

AFTER

“Zero To Dangerous has given me a set of tools to become **ultra-productive**. Utilizing these tools has helped me regain my health, time, and freedom. I’m also a lot **happier at work and more mission-driven** compared to before.”



Past Client Case Studies



FLORIAN EBERHART

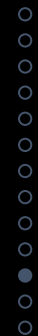
Serial Entrepreneur,
Sales Expert And
Founder Of Start Your
Sales

BEFORE

“I coach and train hundreds of founders every year and this requires me to be in a state of peak performance all the time. It was never an easy task, until I joined Zero To Dangerous.”

AFTER

“It gave me exactly what I need to drop into flow and maintain high performance in my day-to-day activities. I highly recommend Zero To Dangerous for anyone looking to **maintain extreme levels of performance on a consistent basis.**”



Past Client Case Studies



IVAN JARAMILLO

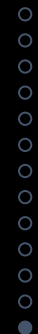
Deputy Project
Manager At A3 By
Airbus, Stanford
Graduate

BEFORE

“Courses for high-performance individuals are hard to come by. I found Zero To Dangerous to be one of the very few science-backed peak performance programs for high achievers.”

AFTER

“After completing the program, I’ve seen a massive increase in my overall productivity, focus and clarity, which has helped me produce better results for my clients. So highly recommended!”



What Do Others Say About Training With Flow Research Collective?



"If I had taken this workshop ten years ago, it would have saved me so much time, and money, and pain and aggravation. I'm pissed I didn't do this earlier! It will probably end up adding millions of dollars to my career. "

TUCKER MAX

4 x NYT Bestselling Author & CEO of Book In A Box



"I've I wish I had done this earlier as things would have gone even better and been a lot more successful!"

KRISTEN ULMER

Fear Specialist & Former Professional Extreme Skier



"What I would tell a friend is that this is probably one of the best courses I've ever done. The material was really quite remarkable, stuff that I can apply immediately. I've already started applying it today!"

OZ GARCIA

President & CEO, Oz Wellness



"When you get into Flow you're more creative, you see patterns that you wouldn't otherwise see. To be able to harness that and to be able to do it reliably and predictably is massive."

NICHOL BRADFORD

Executive Director & Co-Founder of the Transformative Lab & Conference

Thoughts on our Thought Leadership

“A game-changing account of the secrets of ultimate human performance—a must for anyone interested in seriously raising the level of their game.”

RAY KURZWEIL

Director of Engineering at Google, Author of How to Create a Mind & The Singularity is near



“Essential for anyone looking for a better tomorrow.”

ELON MUSK

Technology Entrepreneur, Investor, and Engineer



“A reminder of the infinite possibilities for doing good when we tap into our own empathy and wisdom.”

ARIANNA HUFFINGTON

CEO, Huffington Post



“Inspiring, filled with incredible insights... a practical how-to game plan for going big and impacting the world.”

MICHAEL DELL

CEO, Dell Computers



“A visionary roadmap for people who believe they can change the world.”

BILL CLINTON

Former US President



How Do You Know Zero To Dangerous Will Work For You?

01

We've used our methodology with over **25,000 clients** and taught it to over **200,000 students**. We've tracked an **76% boost in performance**.

02

Our framework has been implemented by the most prominent organizations in the world.

03

Zero to Dangerous is based on our cutting-edge neuroscientific research with the world's leading academic institutions.

Google



Goldman Sachs

Deloitte



We don't teach opinion. Zero to Dangerous is based on research from leading institutions and minds.

Ucla

Imperial College
London

UCSF

Who Else Has Our Team Worked With?

Having trained over **20,000 individuals** we're currently tracking a **76% performance improvement**. This is based on academically validated psychometric instruments used for pre and post testing.

Google



Deloitte.

Imperial College
London

Goldman
Sachs



Red Bull



Proskauer»

What Is Zero to Dangerous Based On?

Over half a decade of research has found flow to be highly correlated with measures of performance. From creativity, decision-making and information processing to skill acquisition, collaboration and motivation.

+500%

Increase in executives
productivity

McKinsey

McKinsey
&Company

3 DAYS

of heightened creativity
after the flow state

Harvard



+490%

Faster skill acquisition

Advanced Brain Monitoring &
DARPA



+430%

Increase in creative
problem solving

University of Sydney



How Does Zero To Dangerous Work?

Zero to Dangerous has three engines that drive you towards your goal:



Engine 1 — Daily Content & Exercises

Over eight weeks, you'll master the world's most cutting edge, science based strategies for achieving peak performance in business and life. You'll be walked through a framework that will rapidly produce real results—freeing up time, reducing overwhelm and spending more time in flow!



Engine 2 — Intimate Expert Peak Performance Coaching

You'll work one on one with a peak performance coach over eight weeks. All of our coaches are world leading experts and will push you to where you want to go—and far beyond.



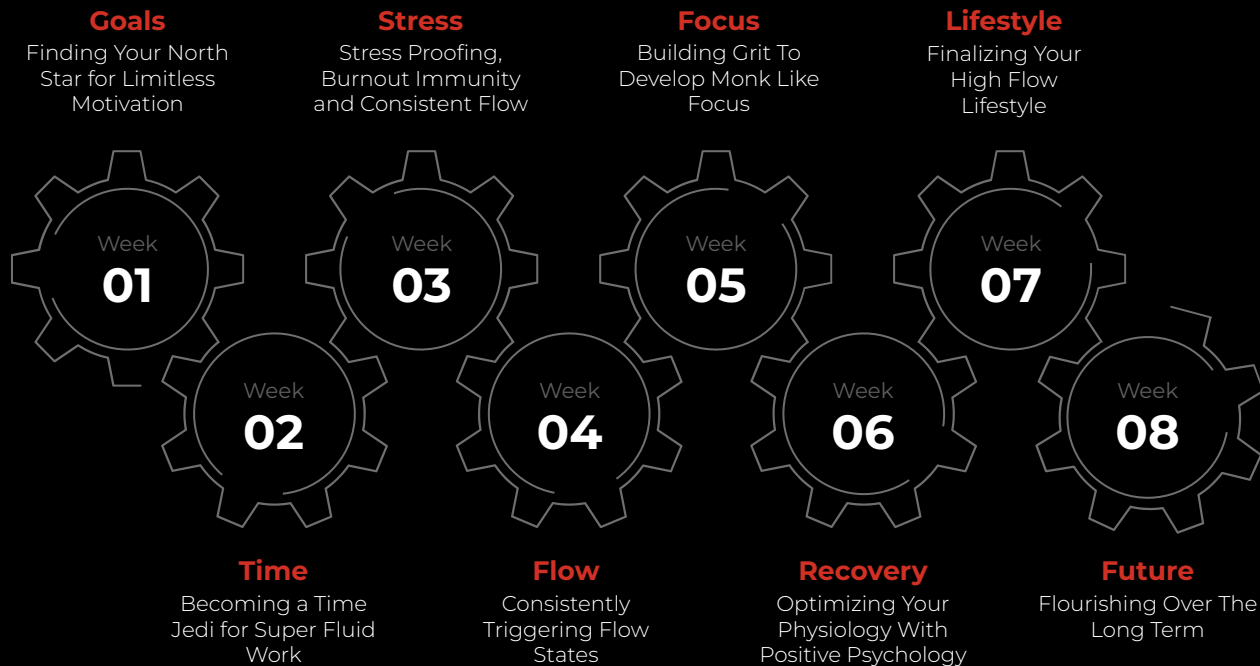
Engine 3 — Lifetime Group Coaching & Community

Every week, our expert Peak Performance coaches facilitate live group coaching sessions. Imagine being plugged into a community of peak performing business leaders who provide you with accountability, support and feedback. You'll have lifetime access and all time zones are accommodated.

Element 01

1—CONTENT Covering The Maps & Models Of Peak Performance

In just 8 weeks, you'll watch one short video per day and do one exercise per day. In just two weeks you'll start seeing transformative results. Here are the eight modules:



Goals - Finding Your North Star for Limitless Motivation

In this week you'll learn how the world's most successful people think and see reality. You'll also learn the neuroscience behind flow states so you can begin recreating them in your own life.

- 01 | Defining Dangerous
- 02 | Building A Dangerous Mindset
- 03 | Harnessing Your Strengths and Invisible Skills
- 04 | Motivation & Goals
- 05 | Unlocking Pristine Clarity
- 06 | Liberation Through Elimination
- 07 | Summary and Active Recovery: Visualization

Time - Becoming a Time Jedi For Super Fluid Work

In this week we'll shatter any preexisting notions you have around the concept of time. Then we'll rebuild your perception of time from the bottom up so that you can unlock time abundance once and for all.

- 01 | Redefining Productivity Through Leverage
- 02 | Asymmetric Warfare, Power Moves, and Extreme Intentionality
- 03 | Shattering the Myth of Time
- 04 | The Myth of Rushing
- 05 | Liberation through Simplification
- 06 | Calendar Worship and Time Tracking
- 07 | Summary & Recovery: Mind Wandering & Cognitive Load Dump

Stress - Stress Proofing, Burnout Immunity & Consistent Flow

In this week we'll teach you how to get your biology to work for you, not against you. You'll master the non-negotiable habits that science says every human being needs to be performing to max out performance.

- 01 | The Art of Burnout Proofing
- 02 | Becoming a Burnout Proof Executive Athlete
- 03 | Sleeping Your Way To Self-Actualization
- 04 | The When of Peak Performance
- 05 | Mastering Your Autonomic Nervous System
- 06 | Adaptability, Antifragility and Post Traumatic Growth
- 07 | Summary + Active Recovery: Resonant Breathing

Flow - Consistently Triggering Flow States

In this week we'll teach you how to harness the power of flow's triggers so you can radically accelerate your entry to flow. Flow will start to become something you can trigger, on demand here.

- 01 | Flow History, Flow Foundations, Flow Science, and Flow Triggers
- 02 | The Flow Cycle (Struggle and Release)
- 03 | The Flow Cycle (Flow and Recovery)
- 04 | Internal Flow Triggers and Complete Concentration
- 05 | Cultivating Psychological Flow Triggers
- 06 | Driving Flow with Dopamine
- 07 | Summary and Active Recovery: Mindfulness Self-Talk

Focus - Building Grit To Develop Monk Like Focus

This week is where you steal your sanity back from the technological overlords. We'll be helping you undo the brain melt and dopamine addiction. All so you can unlock a laser like focus so powerful you'll have to be careful where you look.

- 01 | Forging Unstoppable Grit
- 02 | Dopamine Detoxing, Battling Brain Melt & Defending Attention
- 03 | Overwhelm Assassination
- 04 | Severing Technology's Attention Tentacles
- 05 | Assembling Your Temple of Flow
- 06 | Saying No For Flow
- 07 | Active Recovery: Wall Staring for Dopamine Deprivation & Grit Building

Recovery - Optimizing Your Physiology With Positive Psychology

This week you'll evolve into an executive athlete. That means learning how to sleep better than you ever have, dialling in your recovery practices and making yourself immune to burnout.

- 01 | Positive Psychology Basics
- 02 | Relationships as Oxygen and Attitudinal Contagion
- 03 | Unlocking the Force of Feedback
- 04 | Fueling Your System for Flow
- 05 | Building a Peak Performing Body
- 06 | High Performance Mindfulness and Gratitude
- 07 | Summary and Recovery: Yoga Nidra

Week 07—CONTENT

Lifestyle - Finalizing Your High Flow Lifestyle

This week will involve you finding that electricity running through your veins level motivation that fuels the world's top performers. You'll also learn the keys to 10xing what you currently get out of a workday.

- 01 | The Art of the One Day Month
- 02 | Leveraging VUCA and Creating Flow Triggers
- 03 | Liberation Through Lubrication
- 04 | The End of Procrastination and Buttery Execution
- 05 | Bedtime Flow and Wake-Up
- 06 | Gamifying Elite Performance
- 07 | Summary & Active Recovery: Image Rehearsal Therapy

Future - Flourishing Over the Long Term

By now, you'll have a lot of the peak performance tools under wraps. Here we integrate it all so you can start to live at the upper edge of your potential. All the time. We'll make this a new normal for you.

- 01 | 80:20 EQ and Group Flow
- 02 | Becoming a Group Flow Catalyst
- 03 | The 101 on Peak Performance Leadership
- 04 | Peak Performance Cognition
- 05 | Preventing Self Sabotage
- 06 | Mitigating the Dark Side of Flow
- 07 | Summary, Completion and Reflection

Element 02

One-On-One Expert Peak Performance Coaching

You'll be partnered with one of our expert psychologist and neuroscientist coaches.

All of our coaches are world-leading experts in their own right. They'll take you where you want to go and far beyond.

Over our weekly one-on-one deep dive coaching sessions, we will help you uncover the subconscious patterns that have held you back for decades. This also personalizes the entire training to your own life, goals and situation.



Your Instructors



STEVEN KOTLER

Executive Director at the
Flow Research Collective



RIAN DORIS

COO at the Flow Research
Collective



Dr. BRENT HOGARTH

Head Coach at the Flow
Research Collective



Dr. MICHAEL MANNINO

Peak Performance Coach



Dr. DIANE MALASPINA

Peak Performance Coach



Dr. KAREN DARKE

Peak Performance Coach



Dr. CAROL GROJEAN

Peak Performance Coach

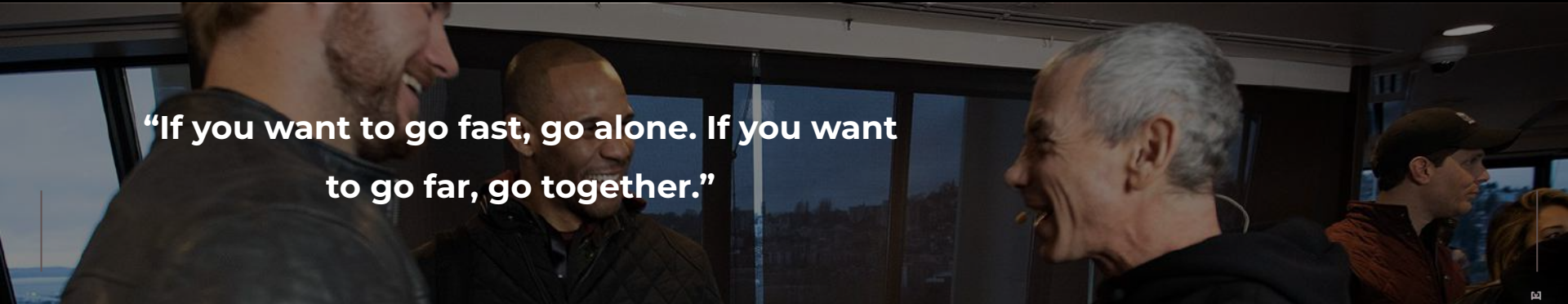


Dr. NICK HOLTON

Peak Performance Coach

Element 03

Group Coaching & Community



“If you want to go fast, go alone. If you want to go far, go together.”

We've hand picked applicants to ensure Zero to Dangerous is a curation of inspiring people from all across the globe. Every week you'll do a group coaching call facilitated by one of our expert Peak Performance coaches.

This elevates your peer group and means you're supported and held accountable by REAL people who have your back the entire way. Many participants from Zero to Dangerous go on to meet in person and become lifelong friends.

What's Included In Zero to Dangerous?



Lifetime access to your 8 week digital training, you can retake the training as many times as you'd like



Weekly One on One Live Coaching Sessions with Licensed Clinical Psychologist Or Neuroscientist



24/7 access to the Flow Research Collective coaching team



14+ Academically validated psychometric tests to provide you with a tangible breakdown of your performance



Onboarding and prep exercises before the start of Zero to Dangerous



Lifetime access to the Flow Research Collective decode recode network



Lifetime access to Flow Research Collective live monthly masterminds with coaches



Weekly group coaching sessions (lifetime access)



FREE mobile app (iOS & Android) so you can experience it anywhere, anytime

Why Join Zero to Dangerous Now?

3 Reasons



01

"The best time to plant a tree was 20 years ago. The second best time is now."
The point? Waiting is always the worst option. Action trumps perfect timing.



02

The High Flow Advantage: At the exact time that it's becoming harder than ever to get into flow, time spent in flow is becoming more valuable than ever. This poses a huge opportunity for those who can fight 21st century brain melt and harness laser like focus.



03

The best thing to do in a period of uncertainty? Level up your game. We believe in becoming recession proof by spending your entire work day deep in flow.

What Do Others Say About Our Approach?



The number one management metric you need to know? Flow state percentage. Interruptions that move us out of Flow state increase R&D cycle times and costs dramatically.

Forbes

Major companies, including Microsoft, Patagonia and Toyota have realized that being able to control and harness this feeling of Flow is the holy grail for any manager.

FASTCOMPANY

In all our studies of extreme performance improvement, the people and organizations who covered the most distance in the shortest time were always the ones who were tapping into passion and finding flow. Flow allows you to absorb that information, synthesize it, and integrate it. This drives the creative process. So while everyone else is driven to distraction, people in flow are adapting — they're using the state to take performance to the next level

Deloitte.

The Flow Research Collective Advisory Board



ADAM GAZZALEY, M.D., PH.D.

Founder & Executive Director -
Neuroscape
Professor - Neurology, Physiology
and Psychiatry

Adam completed Neurology residency at the University of Pennsylvania, and postdoctoral training in cognitive neuroscience at University of California, Berkeley. He is now the David Dolby Distinguished Professor in Neurology, Physiology and Psychiatry at University of California, San Francisco and the Founder / Executive Director of Neuroscape, a translational neuroscience center engaged in technology creation and scientific research.



DR. ANDREW NEWBERG

Director of research at the
Marcus Institute of Integrative
Health and a physician at
Jefferson University Hospital.

Dr. Andrew Newberg is a neuroscientist who studies the relationship between brain function and various mental states. He is a pioneer in the neurological study of religious and spiritual experiences, a field known as "neurotheology." His research includes taking brain scans of people in prayer, meditation, rituals, and trance states, in an attempt to better understand the nature of religious and spiritual practices and attitudes.



MARK TWIGHT

Trainer to US Special
Forces

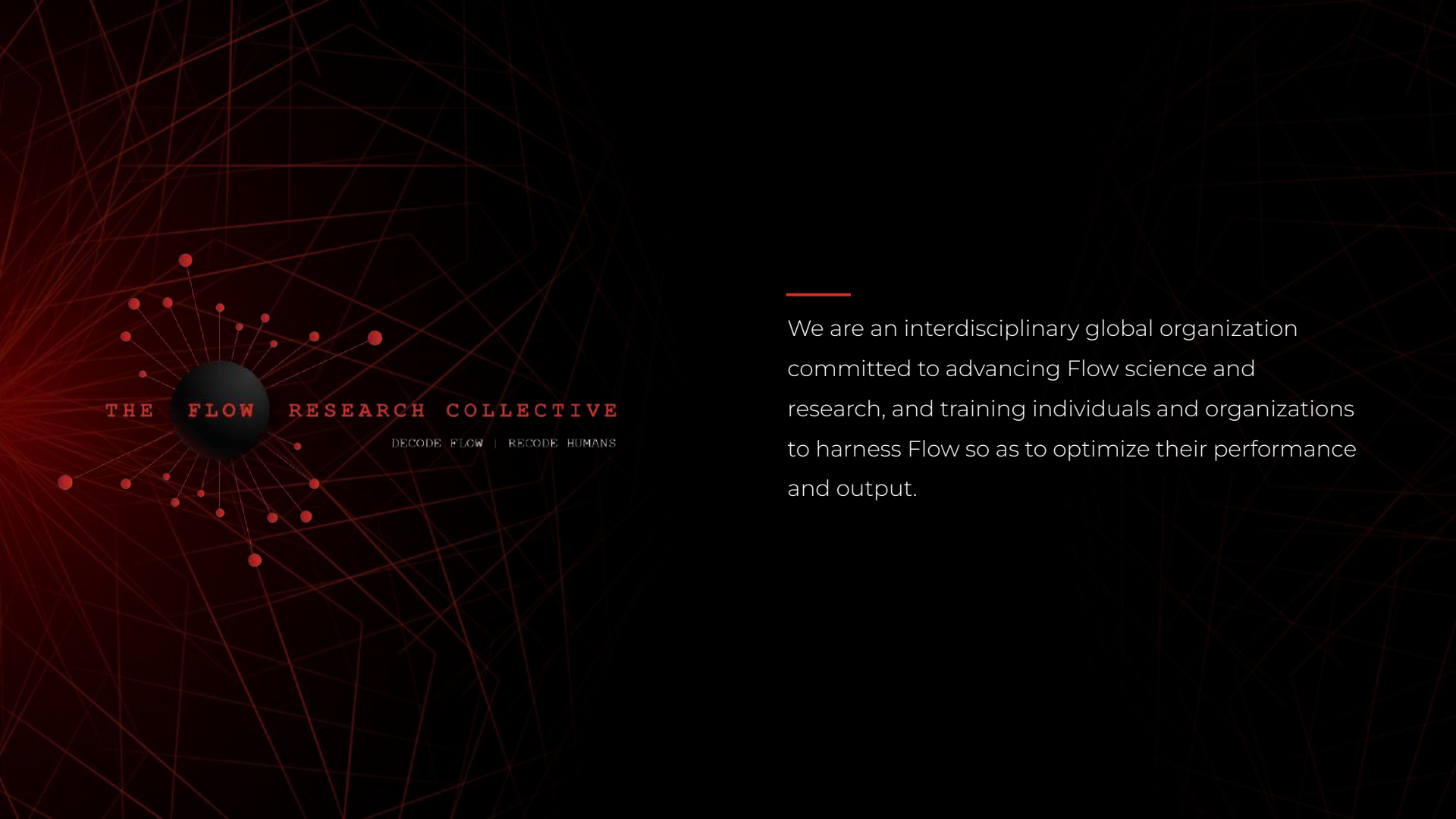
From 1999 to 2011 he trained various military assets US Department of Defense, including the 75th Ranger Regiment (1st, 2nd, 3rd Bat, RRC), Special Forces (5th, 10th, 19th, 20th groups), Tier One (Special Mission Units) from all branches of service as well as US Federal Agencies, including FBI, DEA and USIC. Courses covered operator fitness, mountain and winter mobility, self-rescue, high altitude adaptation, crisis nutrition, movement strategy, and cold-weather survival and clothing systems.



DR. MICHAEL GERVAIS

High Performance Clinical
Psychologist

Gervais is a high performance psychologist working in the trenches of high-stakes environments with some of the best in the world, training the mindset skills and practices essential to pursuing and revealing one's potential. His clients include world record holders, Olympians, internationally acclaimed artists and musicians, MVPs from every major sport and Fortune 100 CEOs.



THE **FLOW** RESEARCH COLLECTIVE

DECODE FLOW | RECODE HUMANS

We are an interdisciplinary global organization committed to advancing Flow science and research, and training individuals and organizations to harness Flow so as to optimize their performance and output.