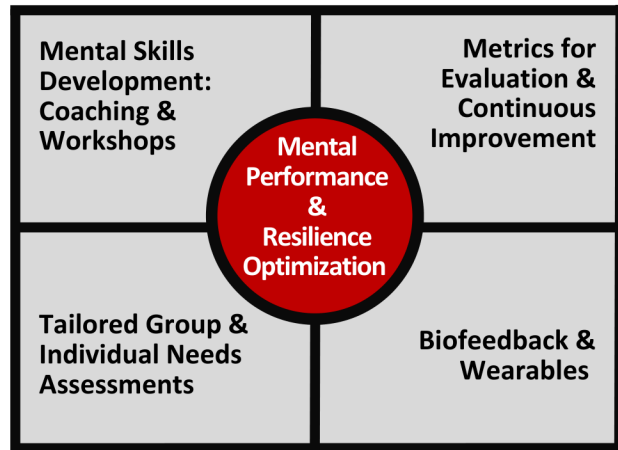


The MPRO™ program *combines interactive training, scientifically proven metrics, and expert coaching to build lasting improvements in performance and resilience.* Validated needs assessments ensure a customized solution is delivered virtually or in-person.

A holistic, multidisciplinary training solution to enhance and advance strategic capabilities to *foster individual performance optimization, improve cognitive performance, and boost individual resiliency* within challenging, stressful, and dynamic mission environments. The focus is on building the individual and strengthening their foundation.



## Foundational Skills

<b>Stress Management</b>	<b>Well-Being</b>	<b>Resiliency</b>	<b>Self-Regulation</b>
<b>Attention Control</b>	<b>Goal Setting</b>	<b>Team Cohesion</b>	<b>Strengthening Foundations</b>

*In the face of volatility, uncertainty, complexity, and ambiguity, the mission is only as resilient as its people.*

**WHY HRS?** Our Human Performance service offerings are rooted in the latest research in psychology, neuroscience, and performance science. We leverage this knowledge to help individuals build the mental strength and mindset to overcome challenges, adapt to high pressure situations, and thrive in any environment.

### MPRO™ Program Success:



Our method is a **scientifically-based combination of techniques and strategies** put together by our experts to target critical competencies and support the end goal of **performance optimization and consistency.**

**Powered by wearables. Driven by data...**



*“MPRO covers so many aspects of self-development and improvement that aren’t available in traditional resources.” - MPRO Client*

*“This program transformed me, not just into a successful professional, but into a healthier, happier person” - MPRO Client*

### ABOUT HRS CONSULTING, INC. (HRS)

Established in 2009 as an SDVOSB, is a global management consulting company that serves government, commercial, and non-profit clients. Our team of experts are dedicated to helping clients thrive in an ever-changing landscape by providing tailored solutions that deliver measurable results.

#### HRS CAPABILITIES:

- High Reliability
- Performance & Tactical Programs
- Strategic Communications
- Change Management
- Training & Workforce Transformation
- Program Management
- Strategy, Planning, & Execution
- Risk Mitigation, Safety, & Human Factors

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