



Greenleaf Integrative Strategies

Resiliency in Work & Life

8(a) and SDB certified

Is your organization challenged by direct or vicarious trauma, maladaptive coping strategies, or compromised performance?

Delivering Resiliency 2.0®

Greenleaf Integrative Strategies, a physician-led firm based in Arlington, VA, designs resiliency training for today's workforce and delivers it to organizations that operate under challenging conditions. Resiliency 2.0® is a unique methodology based on the latest neuroscience. We use it to teach individuals to think and act differently in the face of overwhelming stress, thereby enabling the entire workforce to perform more effectively.

We offer a *demanding environment practice* and a *high threat practice*. Both fully support leadership and staff through expert-led seminars, distance learning, and audio-visual products.

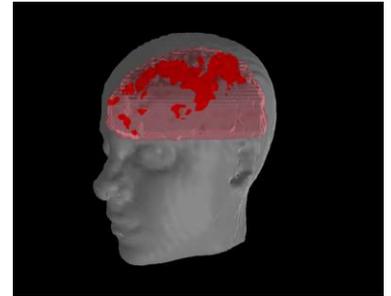


Photo courtesy of Jonathan D. Cohen, Ph.D., Princeton Neuroscience Institute & Dept. of Psychology, Princeton University

Greenleaf's High Threat Practice

For organizations—

- Encountering operational stress in complex missions
- Working in conflict-affected areas
- Coping with on-the-job violence
- Functioning amid natural disasters
- Placing staff in unstable situations
- Preparing for critical incidents

Offering Innovation Based on Current Medical Research

Greenleaf's Resiliency 2.0® takes advantage of research findings in neurobiology and psychology during the last 5–10 years and leverages new technologies. Many stress reactions can now be both illuminated and modified due to an enhanced understanding of cortical and subcortical processes. We use this foundation of knowledge to build resiliency competencies including *situational awareness*, *self-regulation*, and *leadership*.

Self-Regulation.

Keeping reactions to stressors within a healthy range.

Situational Awareness.

Using reality-based contextual cues when perceiving, interpreting, and predicting events.

Cultural Leadership.

Modeling and promoting workforce resiliency.

A Field-Tested, Evidence-Based Approach

- A proprietary behavioral medicine approach proven far more effective than traditional training.
- Training methods developed and tested over a decade — originating with first responders in New York City following the 9/11 attacks.
- Over 500 trained in resiliency, enhanced communication, and other techniques since 2008.
- Extensive experience as a U.S. government prime contractor and program manager.

Customizing Solutions for a Diverse Clientele

We offer *workforce assessment*, *differentiated programs*, and *customized methods*. We tailor interventions to the challenges inherent in various staff roles, task requirements, and organizational contexts while speaking to diverse cultures, cognitive styles, and capacities. Our wide range of instructional methods ensures that every individual takes something practical away from our interventions.

Case Study — Resiliency Training for USAID/OAPA, 2011-2015 Contract

The Assessed Needs

Ongoing deployment of a rotating workforce of aid workers to Afghanistan & Pakistan through the Office of Afghanistan and Pakistan Affairs (OAPA)

High operational stress due to kinetic, dangerous & austere conditions

Vicarious trauma risk via work with populations who themselves are exposed to violence and traumas

Our Deliverables

Rapid 3-month stand up — needs assessment, design, launch

Pre-departure training — 8-hr seminar every 2 weeks for 900 trainees by Dec. 2015

Self training tools — Online self-monitoring, CD-based guided self-care exercises, and a distance learning course for healthy reintegration

Complete project management



Source: 2012 Greenleaf Client Survey. Results show the percentage of participants who agreed or strongly agreed that Greenleaf training was effective. n=160.

Greenleaf has trained staff and/or leaders up to the Mission Director level at the following federal entities:



Agency for Int'l Development



Navy



Air Force



Army



Department of Defense



Homeland Security



Department of Justice



Nat'l Aeronautics and Space Administration



Defense Intelligence Agency



Department of State

Corporate Information and Key Contacts

- 8(a) & non-8(a) contracts
- Small & Disadvantaged Business (SDB) Certified
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