IMPACT IMMERSIVE EXPERIENCE (IIE)

The Impact Immersive Experience is a 2.5-day course that provides participants with an understanding and experience of the Human Energy System to achieve sustained high performance. The interconnected system that consists of our Mind (storytelling), Body (physiology), Spirit (purpose), and Heart (emotional regulation) drives both performance and resilience. Participants gain greater awareness of how to optimize energy, recover more effectively from stress and anxiety, while increasing the frequency of moments where they are being at their best. Individuals and/or teams work side-by-side with highly skilled experts in performance psychology, nutrition, and exercise physiology. This multi-disciplinary approach helps practitioners to become physically energized, emotionally and mentally resilient, and completely aligned with whatever objective is most important.

Website: https://impacthumanperformance.com/#program

COURSE INFORMATION

SLD Program Structure Category
Supplemental Course

Target Population(s)
General Officers (O-7, O-8, and O-9), AD, AFR, and ANG
SES/DISES members (Tiers 1, 2, and 3)
Colonels (O-6), AD, AFR, and ANG
GS-15 participants
Chief Master Sergeants (E-9), AD, AFR, and ANG

Provider
Impact Human Performance (IHP)

Location
National Capital Region (NCR), Tampa, FL, Denver, CO, or custom delivery to suit client's requirements

Length and Frequency (not including travel)
2.5 days
Multiple courses per year

Funding
HAF-funded expenses: Course tuition (includes program materials and some meals)
Unit-funded expenses: Per diem (meals not included in tuition), lodging, travel to/from course, transportation, miscellaneous expenses

Pre-Coursework and Special Requirements
Participants must complete an online registration form. Program requires pre-coursework (online assessments and evaluations).

COMPETENCIES

Airman's Foundational Competencies (AFCs)
Developing Self
- Resilience
- Self-Control

Developing Organizations
- Results Focused

Executive Core Qualifications (ECQs)
Leading Change
- Resilience