

# Performance Wellbeing & Behaviour Change In Virtual Reality



Adagio VR

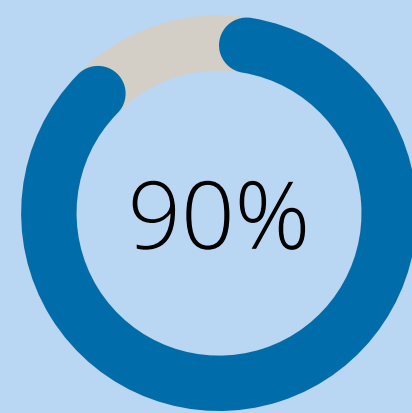
LEADERSHIP  
REIMAGINED

# Current Leadership Programs Aren't Enough

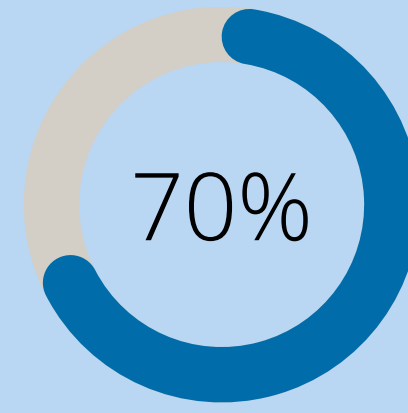
Focus on technical development, “soft skills training” or personal long-term coaching doesn't tackle the core emotional regulation challenges, cognitive drivers and perceptual frameworks that drive leadership behaviour.

# Performance and Wellbeing Inextricably Linked

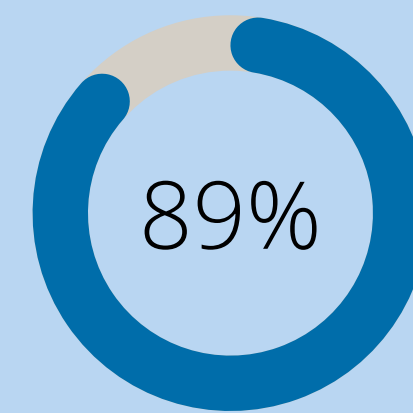
Effective leadership development must integrate solutions for the urgent need for underlying emotional exhaustion and successive stress weighing down leaders and impacting company culture, employee wellbeing and commercial success



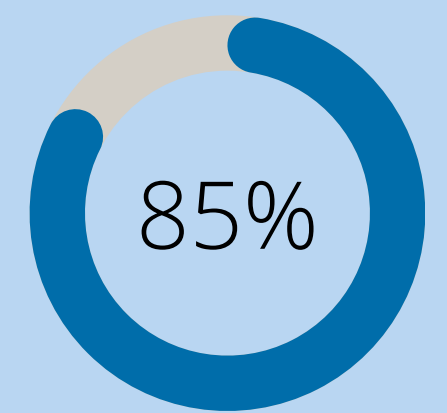
**Of Employee Performance is Dependant on Culture & Leadership**



**Identify managers to have the highest impact on their mental health**



**Of Executives Are Prioritising Improving Organizational Leadership**



**Of All Leaders Currently Suffering Disruptive Mental Distress**

# What Happens On a Cognitive & Emotional Level

Successive Adverse Life Events(ALEs) have a significant and pervasive impact on physical chronic health, mental health, and behavioural outcomes for at-least 90% of the population.

**THE SINGLE BIGGEST UNMET NEED IN CURRENT MENTAL AND BEHAVIOURAL HEALTH SOLUTIONS.**



**(Self)Leadership**



**(Self)Management**

**We Cope. Until We Cant.**



Significant Life Events Shape Cognitive Patters and Leave Behind Triggers, & Beliefs.



Impacting Emotions, Perceptions, Beliefs & Actions. Limiting Complex Decision-Making, Working Memory and Overarching Performance



Coping Mechanisms Develop to Manage Cognitive Burden & Avoid Distress. With Unintended/Undesirable Consequenses.

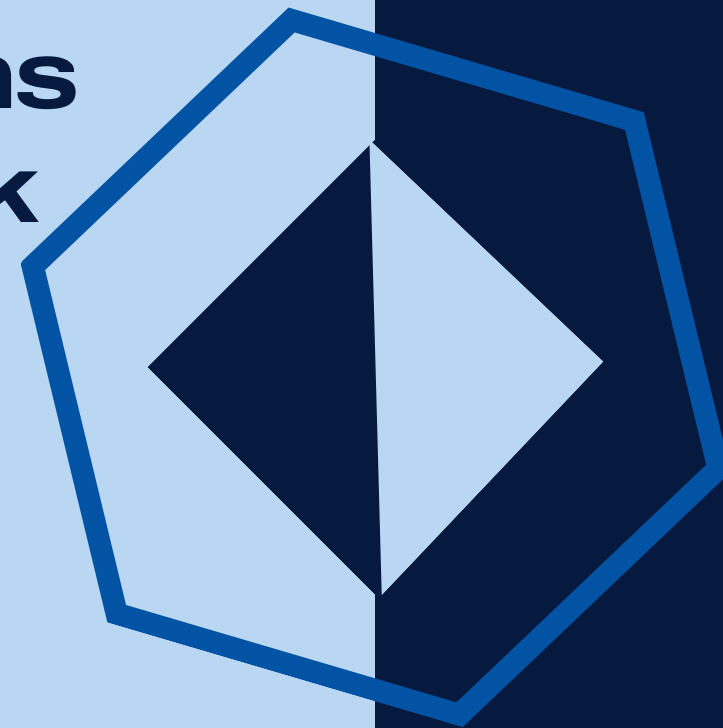
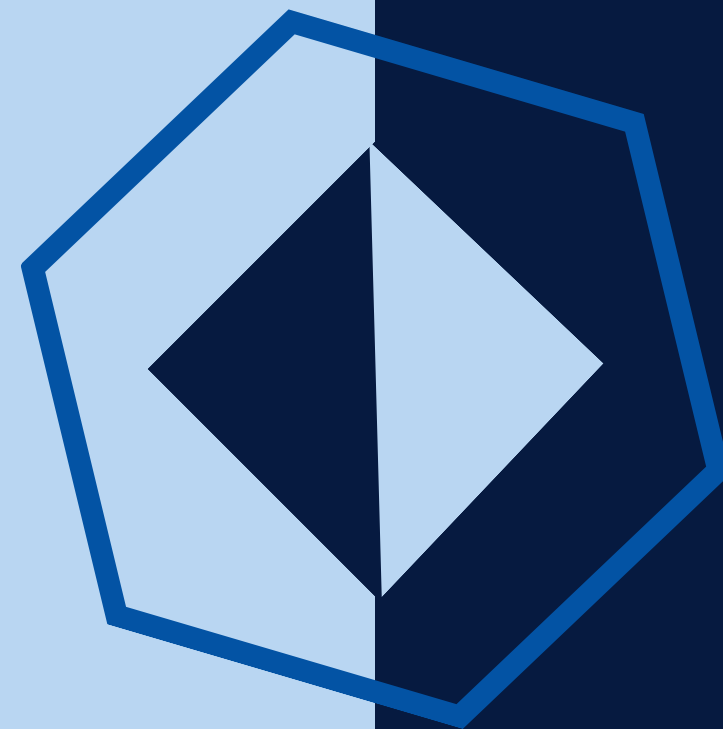


Over Time, Coping Becomes Maladaptive, and Continued Complexity Becomes Too Burdensom. Limiting personal and professional outcomes. Risking Long-Term Health.

*Introducing..*

# Adagio VR

**Breaking Down The  
Neuro-Cognitive Chains  
That Hold People Back**



## UnBurden

The mental baggage weighing people down, causing disconnect, distress and disorders

## Wellbeing

## UnLeash

Full potential by removing constraints on creativity and instilling high-performance psychology.

## Performance



# Adagio VR

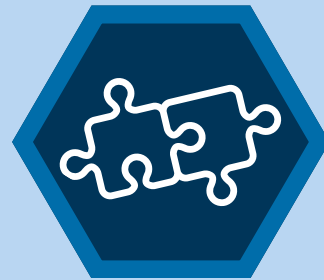
*Wellbeing  
High Performance &  
Behavior Change  
In Virtual Reality*

## **The Future of Human Design**

**AdagioVR's program uses Virtual Reality to deliver an integrated stack of cutting-edge clinical and therapeutic techniques that enable users to identify and disrupt the cognitive processes that drive undesirable behaviors, limit high performance and cause mental distress.**

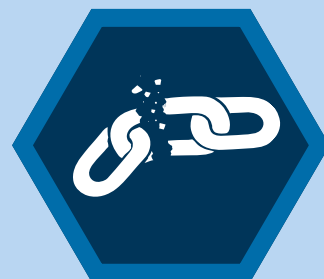
# EVIDENCE TO INNOVATION

Driven by the worsening mental health crisis, and the lack of quality evidence-based or accessible early-intervention support, renowned British Psychiatrist Dr. Pawan Rajpal worked on a solution. Powered by EMDR, a gold standard therapy twice as effective as talk therapies (but almost impossible to access without severe illness, long wait times for highly skilled therapists, and high costs); he integrated additional techniques for wellbeing, high performance, and long-term behavior change.



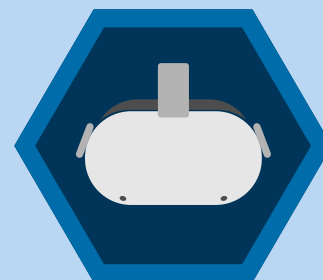
## **Technique Integration - Taking it Out of Trauma**

Our program contains a proprietary stack of (5 - 12) integrated therapeutic and clinical techniques designed to ensure wider and more cohesive application. Magnifying outcomes outside the context of trauma



## **Point of Intervention - Taking it Out of Illness**

Focusing on early intervention, wellbeing, and behavior change the goal is to provide access to the highest quality solutions for people before crisis point. Personalized to their needs and in the context most appropriate for them



## **Delivery Tech - Taking it Out of Clinics (VR & AI)**

Through Virtual Reality, we can deliver a powerfully immersive and uniquely private experience. With the multisensory capabilities of VR and through the use of ML and AI for personalization and responsive programs, we can deliver increasingly higher-quality engagement and wellbeing outcomes

# Individual Benefits

*Breaking Down The Neuro-Cognitive Chains That Hold Leaders Back*

## IMMEDIATE RELIEF

**40% - 60% In the First 25 Min Session**

## ISSUE TRANSFORMATION

**in 8-16 Sessions**

## SUCCESS RATE

**97% of Completing Users (1,500+)**

## OVERALL PERFORMANCE

**85% Improvement**

# Addressable Issues

- ⚡ Stress, Anxiety & Low Mood
- ⚡ Burnout & Emotional Exhaustion
- ⚡ Inter-Personal Relationship Issues
- ⚡ Mild-Moderate Trauma
- ⚡ Insomnia & Sleep Issues
- ⚡ Fears & Phobias
- ⚡ Addictive Behaviours
- ⚡ Grief & Personal Loss
- ⚡ Imposter Syndrome
- ⚡ Performance Anxiety



# The High Performance Program

**Description:** A highly personalised program designed for leaders to target a core challenge they are facing develop their capacity across a web of personal and professional complexities

**Details:** Three 1-2-1 sessions, (Before, During & After) the program

**Participant Size:** Individually Personalised Programs (10 - 50 People)

**Duration:** 3 Months

## Umbrella Program Theme Examples

- Managing Burnout & Stress
- Transitioning from Management to Leadership
- Developing High-Performing Teams & Psychological Safety
- Navigating Personal Complexity & Developing Healthy Habits
- DEI Performance Wellbeing Support
- Organisational Consolidation Response (Lay-Offs/M&A)

## Organisational Benefits (KPI Categories)

### Mental Health Outcomes

- Adaptive Clinical Measures
- Strong Governance
- Specialist Support
- Immediate Relief
- Long-Term Change

### Employee Engagement

- Bespoke Issue-Based Programs
- Immersive & Gamified User Experience
- Data Insights & Training Available

### Individual & Group Benefits

- 12X ROI
- Talent Acquisition & Retention
- Business PR
- Nurture Diverse Leadership
- Culture Cohesion & Strategy Adoption



# Our Partnership Approach



**We work with clients to calibrate our proven science & technology to organisational priorities while also directly addressing the individual's needs for meaningful impact.**



**Consultation &  
Co-Design**



**Consent &  
Assessments**



**Recruit & Train  
Facilitators**



**Session  
Delivery**



**Raise  
Awareness &  
Invite  
Participants**



**Measure  
Impact**



# Meet The Founders



**Ms Sanya Rajpal, LLB(Hons), MA, Oxford MBA**  
**Co-Founder & CEO**

A Serial Entrepreneur with 12+ years expertise in global systems development and change management across health, education and, entrepreneurship ecosystems. Having worked as an advisor to the UK government, international NGOs, and at the United Nations; she built her first company while still at Law School. After her Oxford MBA, she realised that the time had come to address societal and individual issues more thoroughly. Combining her own interdisciplinary & partnership-based growth experience, with Dr Rajpal's deeply scientific methods, and frontier technology (virtual reality), she is building AdagioVR.



**Dr Pawan Rajpal, HmBBs, DPM, PG dip(Mental Health Law) FRCPSych**  
**Co-Founder & Medical Lead**

A world-renowned consultant psychiatrist with 25+ years of experience in complex care. Fellow at the Royal College of Psychiatrists; advisor to the UK government and senior corporate leaders; and specialist in ADHD, Autism, Addiction, Depression Anxiety & Psychological Trauma. One of the few to be trained in the most innovative clinical techniques, now at the core of AdagioVR's program, he was frustrated at the lack of knowledge & access to the best solutions for prevention & early intervention. Going on a 4-year journey to integrate his wide training to build AdagioVR's powerful program.

# Partners & Platforms



TheConduit

blockdojo 



Kingston  
University  
London





EXPERIENCE  
**Adagio VR**

**“I’ve been doing AdagioVR for the last six months and wow, has it been worth it.**

**AdagioVR has helped me to find clarity in my decisions, to press into what I need, to help me find out how to achieve it. It’s helped me to find peace and put less pressure on myself.**

**Everyone should do this. It’s completely transformative. I couldn’t have made a better investment for myself.”**



**LEAH BROWN - SENIOR POLITICAL ADVISOR TO 10 DOWNING STREET, CEO, BROADSTAIRS CONSULTING**

**"There is an intense pressure on high performance, not a lot of players can handle that. This is where AdagioVR comes in.**

**We devised a plan for players who needed help at a Premier League club, one of them who was struggling mentally with his injury and the other with navigating his way into the First Team. The programme was supposed to take 6 weeks but within 3 weeks there was instant relief. The latter's performance spiked. Everyone in sport needs to be using this."**

**MUSTAPHA DUMBUYA - COACH & WELLBEING ADVISOR**



**“We build high-performing teams and deliver cultural change programmes for our clients who will now use this product.**

**Everyone should.**

**AdagioVR is the gateway to a major shift in closing the gap for fast, structured, and effective support for people. We are thrilled to be in partnership with them.”**



**CAPT. IAN MILTON, CEO, CCL LEADERSHIP TRAINING**

**"I can't believe what I experienced. I want to use this, I want my junior surgeons to use it, I want my medical students to use it; In fact, I want my son to use it! This is something I want everyone on my hospital staff to have access to.**

**I myself know this will help me perform at my peak as a surgeon. I can't wait to use this again and again!"**



**DR. SALIL UMRANIKAR - CONSULTANT SURGEON, NHS**





Adagio VR

Thank You!

[www.adagiovr.com](http://www.adagiovr.com)

