

White Paper on EvenPulse

COMPANY NAME

EvenPulse®

DUNS: 130426393 CAGE Code: 37JP1

CAPABILITY TITLE

Optimal Performance under Stress™ (OPS) Training for US Department of War

DATE

18 March 2026

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Optimize Performance and Mitigate Stress-Resilience Issues EvenPulse Initiative for US Department of War

Executive Summary

The vital balance between high performance and deep recovery is the secret to supremely functioning military personnel. As human performance, stress mitigation, resilience building, and lethality continue to be critical issues inside of the US military, the need for an integrative, effective training that sticks and actually works is at an ever-increasing premium.

Since 2003, EvenPulse® has trained over 65,000 people in the *Optimal Performance under Stress™* (OPS) course, featuring the renowned *BASE-R Method®* for optimizing performance and improving warfighter effectiveness. The company has had significant previous training experience within the Department of War to include two entire Army Brigade Combat Teams, several Air Force Wings and MAJCOMs, USSOCOM to include 3 of the 4 components (pre- and during-POTFF), and other government agencies.

EvenPulse is the only company of its kind with a 3-year, \$3.3m research study with over 6,000 troops deploying to and from combat that showed statistically significant use and stick rates in those who participated. <https://evenpulse.com/the-science>. Since that large-scale study, EvenPulse has committed to program evaluation with all of its customers with consistent confirmation of efficacy, usage and stick rates, and change in attitude and approach toward performance and recovery. 45-90-180 day evaluations walk down in length and capture over time usage, and training ratings typically are in the 9.5 out of 10 range, with thousands of consistently positive testimonials and comments, consistently with every type of unit.

EvenPulse training uses this scientifically-validated methodology to advance the “inner technology” of DoW personnel and in relation to the outer technology used by modern day warfighters and the support mechanisms surrounding them. The OPS Training teaches people to turn on these innate skills to deploy under pressure and in the vital restoration phases. This human-centric training reduces stress-related problems while improving performance with moment-to-moment, task-to-task skill use throughout the day, creating a strong connection between the cognitive domain and human physiology.

In 2019, AFWERX awarded EvenPulse Phase I and Phase II Small Business Innovative Research (SBIR) grants to bolster growth and service inside the Department of Defense (DoD) – now DoW, and specifically the Air Force. These awards allowed for further customization of the program and to mature this “internal technology” to compliment the outer technology used by our warfighters. Following the SBIR awards, EvenPulse was awarded a Phase III sole-source contract vehicle with GSA with a \$48m ceiling and 5-year + period of performance. This major milestone created an ease of technology access for customers across the USG.

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Many DoW organizations recognize that human performance optimization and stress mastery are short and long-term keys to maintaining the ability of personnel to generate excellence. The 18th CMSAF, Kaleth Wright, identified Airman resilience as a top issue within the Air Force and engaged EvenPulse to help solve that problem, though funding issues and lack of a Program Executive Office hampered engagement and scalability. The challenge of how to build a resilient culture while strengthening the warfighter ethos is daunting, yet one that is embraced by senior DoW leaders.

Performance Optimization and Readiness

Service members trained by EvenPulse report increased readiness for their missions and boosted confidence in their own capabilities. For lethality, EvenPulse training has improved shooting skills (speed and accuracy) specifically and/or confidence in transmitting the learned skills to trainees. A short PDF compendium is attached on the EvenPulse work with Naval Special Warfare's TRADET, Army Special Forces SFAUC (Special Forces Advanced Urban Combat Course) instructors, deploying Special Forces (Green Beret) units, and within Air Force Security Forces, including Special Reaction Teams.

The Science and Evidence

The science of the program is validated by a 3-year, \$3.3m study executed on behalf of the Army's RDECOM by the mind-body medicine research firm Samueli Institute and the RAND Corporation. Publication of the findings in peer reviewed journals is pending, though the following data points have been highlighted and outlined by researchers:

- 70% of the soldiers trained reported using all of the program skills during deployment;
- 39% reported using 1 or more of the program skills daily during deployment;
- Soldiers who took and used training regularly or at least once per week (70%) had:
 - Higher scores for resilience on the Connor Davidson Resilience Scale (CDRISC);
 - Lower scores for PTSD on the PCL checklist;
 - Higher scores for well-being on the SF-36 Well-Being survey (RAND);
 - Lower scores for anxiety and depression (Beck scale).

The Suicide Issue and Prevention

There are many factors connected with military suicidality, from finding meaning and purpose within a military role to a sense of connection or isolation. A NIH study on the Post-Deployment Health Reassessment Survey (PDHRA) used with the Air Force suggested that the survey revealed that depression, anxiety, and PTSD within Service Members could be a useful predictor of suicidality. Evidence that a training program reduces anxiety, depression, and PTSD strongly suggests that the program could reduce suicidality.

The EvenPulse® training showed reductions in three key indicators of suicide: depression, anxiety, and post-traumatic stress. The training also was shown to increase team cohesion and family connection, both suicidal inhibitors, and it strengthens self-regulation, which is key

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factor in impulse control, the lack of which is a precursor to the execution of a suicide attempt. While EvenPulse's methodology was designed to boost performance and improve recovery, the training may well confer an unanticipated benefit through a reduction in suicides.

Technology Concept, TRL Readiness, and Company Viability

EvenPulse training with 6,000 members of Fort Carson, Colorado Army Brigade Combat Teams – redeploying from Iraq and deploying to and redeploying from Afghanistan – was a watershed event for the company. First, EvenPulse demonstrated the ability to execute training on scale, with the capacity at that time to train 10,000 soldiers in less than a year. The education and training model is a 9 TRL, with only service-component-tribe specific modifications and customization required to delivery to end-users. EvenPulse has technology partners also ready to contribute to the effort with biometric measurement in the form of a wearable breathing sensors and a heart-rate variability (HRV) app, both of which can be used in conjunction with the training. The EvenPulse training in a “purple” form is already built online and can easily be adapted to every tribe and component, as well as to families and wounded warriors, via IDIQs built from our Phase I and Phase II SBIR awards from AFWERX.

Company Viability and Commercialization

EvenPulse®, Colorado based, is an SBA HUBZone certified small business and has dispersed trainers and educators able to serve as mobile training teams around CONUS and OCONUS. The company held a \$48m IDIQ through GSA built for the Air Force's Air Combat Command from 2019-2025 and delivered task orders on the vehicle to Air Combat Command, USAFA and USAFA Prep School, USSTRATCOM, NGB, 1st SOW (Hurlburt), West Point (US Military Academy) and others. EvenPulse has current requests for training from multiple states across National Guard Bureau and is currently working within the Colorado Air National Guard, the Alabama National Guard, and with US Army Special Forces customers.

EvenPulse has expertise in multiple areas, from a variety of trainers with special operations backgrounds to researchers, educators, and thought leaders in performance psychology, stress, resilience, health, well-being, education, digital delivery, and other areas. The company will grow in multiple market areas between 2026 and 2028, including significant growth the business to consumer market. Several commercialization areas were identified within EvenPulse's Phase II SBIR AFWERX effort as part of our growth plans, including expanding further into law enforcement (including federal) in the 2027 FY.

The company is scaling in 2026-2028, initiating a new technology stack that will digitize the training and provide a solid, scalable capability, as well as adding 8-10 additional trainers and multiple full time staff members to build out our capabilities in areas related to development, delivery, and sustainment. The company will provide a full list of current and pending customers and references upon request.

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ROM Cost Schedule

EvenPulse training pricing is well established from over 20 years of work within the military space and validation through GSA and government cost estimate evaluations and analysis.

Appendix 1

EvenPulse Solution Snapshot

While many human performance and stress-resilience programs tout large scale staffing structures and complex programs that are, for many organizations, prohibitively expensive and not scalable, EvenPulse® training is built to be simple, comprehensible, nimble, on-target, and low-cost/high-yield. The program is iterative and human-centric, gradually walking up skills building over time while providing vital, command-driven data analytics to show training effectiveness, stick rate, and positive change. The foundation of the training method – BASE-R® – is a 4-hour to 8-hour training block that introduces trainees to the fundamentals of neurophysiology, self-regulation, stress mitigation, and human performance.

EvenPulse training impacts individuals by increasing conscious awareness of critical choice-points and offers leaders an understanding of how their people are tracking over their careers. The strength of EvenPulse training is a fundamental foundation that leverages ALL human performance and stress-resilience efforts. It essentially sets up both “offense” and “defense” in the sense of enhancing and optimizing the human weapon system (offense) while mitigating potential problems (defense). Just as importantly, the training puts more of the locus of control within the individual to be self-resourced (inner tech) while promoting access to existing available resources (outer tech). As such, the Service Member IS the tech, and EvenPulse serves an integrative function that force multiplies POTFF, the components, the tribes, the operators, and the family on every level.

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Appendix 2

EvenPulse® Features:

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| • Compact | - 4-hour Training/8-hour Training Options |
| • Hard-hitting | - Expert, Relevant Trainers with SOF backgrounds |
| • Simple | - Easy to incorporate – professional, personal |
| • Easy to understand | - Foundational 101 education on Neurophysiology |
| • Readily Applied | - Skills for <i>Applied</i> Resilience (skills based) |
| • Impactful | - Demonstrated high stick-rate for long-term impact |
| • Human-centric | - The SOF operator IS the Tech |
| • Proven by independent science | - 3 year/\$3.3 mil study of BASE-R Method® |
| • Data-driven | - Qualtrics Data Analytics, Command-driven customization |
| • Biometric Data available | - hard data through wearable breathing and HRV sensors |
| • Agile | - Able to tailor to specific needs (components, tribes, etc) |
| • Integrative | - Integrates brain, body, nervous system continuum |
| • Holistic | - Trains the WHOLE person |
| • Foundational | - Builds from simple to complex |
| • Customized | - Tailored to each customer's needs |
| • Inexpensive | - Competitive analysis of other programs |
| • Low-Cost, High-Yield | - Research results show statistical improvement |
| • Single Domain Relationship | - Direct or digital training for interaction |
| • Low to Moderate Touch | - Does not require ongoing "hands-on" from person |
| • Education and Training | - Does not depend on/require tech to facilitate |
| • Force Multiplies All Efforts | - Connects with all existing efforts to leverage |
| • Blended Learning | - In person, on location, online, video support |