



EXECUTIVE WELLNESS

FLO Q STATE PARTNERSHIP PROGRAM



DCT 90-Day Wellness Program

Organizations don't fail from a lack of talent; they fail from burned-out executives, neurodivergent A-players that leave, and younger workers looking for meaning and value in a mission-driven culture.

In high-pressure environments, unmanaged stress quietly erodes performance, decision-making, and culture. In this presentation, we'll cover:

- Why workplace wellness is a critical performance lever
- The risks organizations face when well-being is ignored
- A structured, results-focused strategy designed for high-performing intergenerational teams



High Executive Burnout Rates

77% of executives report burnout, indicating a widespread workplace health issue with direct implications for productivity, decision quality, and organizational stability.

Financial Impact of Workplace Stress

Workplace stress is estimated to cost businesses billions of dollars annually, driven by absenteeism, “quiet-quitting”, low resilience, spiraling healthcare costs, and employee turnover.

Challenges of Maintaining Workforce Well-Being

Sustained performance demands in modern corporate environments make it increasingly difficult for organizations to consistently maintain employee health, engagement, and satisfaction.

Effectiveness of Wellness Programs

Despite significant investment in corporate wellness initiatives, many programs demonstrate inconsistent outcomes and limited long-term measurement. DCT operates on defined 90-day ROI evaluation cycles to assess impact and effectiveness.

Leverage Science-Backed Approaches

1. At DCT 28, we integrate evidence-based strategies tailored for effective workplace wellness, ensuring measurable outcomes.

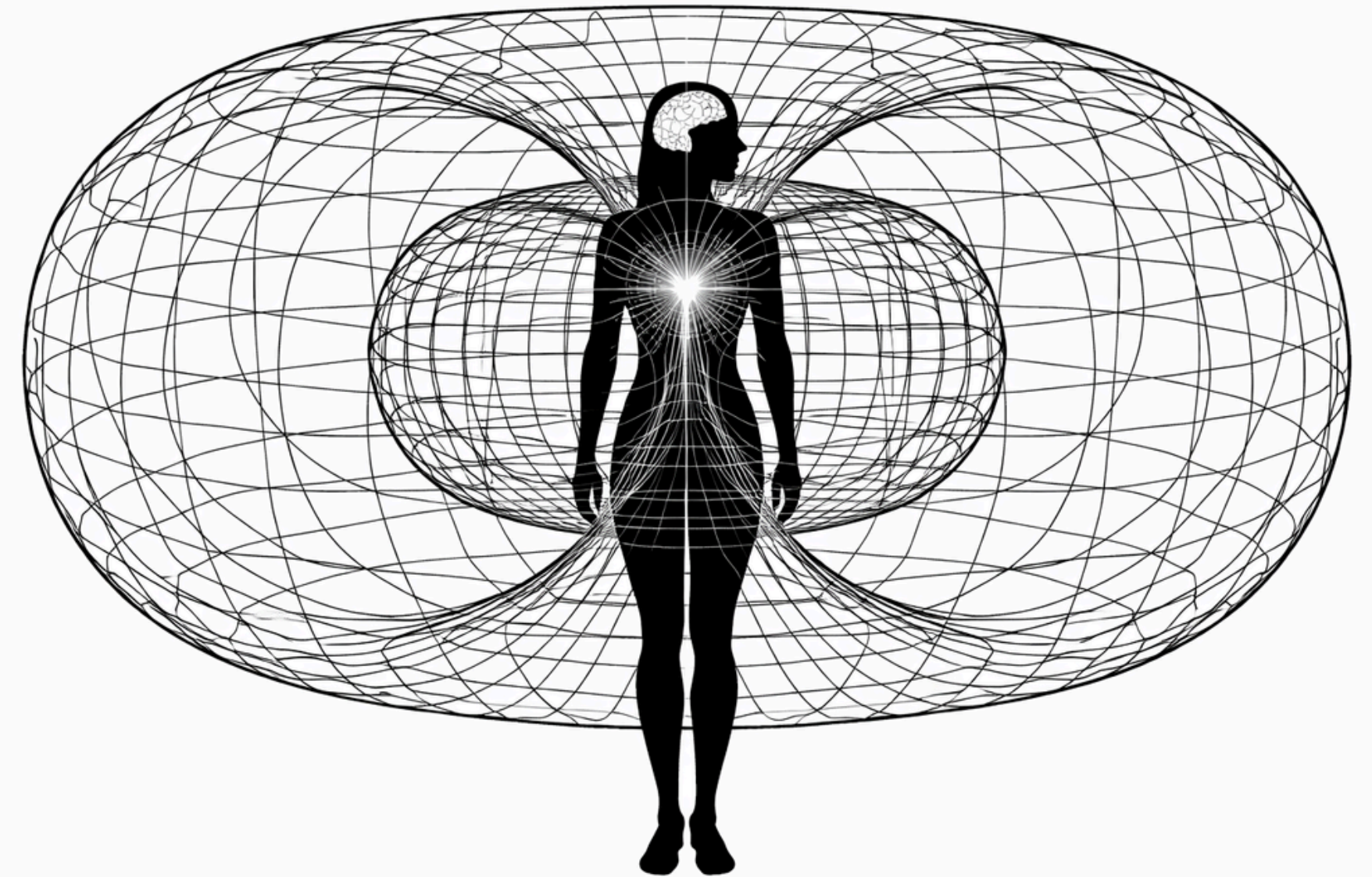
Expertise in Communication

2. Our team includes certified Neuroscience coaches, Fortune 500 trainers, Certified Educators, Keynote coaches, NLP practitioners who enhance communication and leadership skills, supporting a positive work environment.

Achieve Optimal Mental States

3. We utilize proprietary Flo Q (Neuroplasticity) training to help employees reach peak mental performance and creativity, essential for productivity.

Why DCT?



Addressing Toxicity, Burnout, Workplace Stress, *Mind On*



Diverse Leadership Experience

4. With extensive leadership backgrounds, we understand the challenges faced by organizations, allowing us to offer relevant “white label” solutions.

Mentorship for C-Suite

5. Our team has guided high-net-worth executives through complex decision-making, Keynote coaching, AI integration, intergenerational management, inclusion, and workplace ethics.

Inclusive Practices

6. Our approach is non-denominational, neurodivergent-cognizant, ensuring that all practices are inclusive.

5 Strategies We Offer

Daily DCT Sessions @ 28-Day Cycles

Simple yet impactful practices via playlist.

“Flo-Q” Culture Coherence

Practices to support resilience and foster Company Culture assimilation.

“Flo-Q” C-Suite Training

1:1 proprietary training program for leaders.

“Flo-Q” Management Techniques

Methods that induce highly creative, focus states.

“Flo-Q” Teams

Collaborative interactive training workshops to strengthen team focus and energy, enhancing overall productivity and morale. Aimed at intergenerational integration.



Big Tech's Holistic Programs

- 1. Costly implementations that can exceed millions**
- 2. Elaborate systems difficult to measure in terms of ROI**
- 3. Standardized solutions that may not fit unique needs**
- 4. High overhead costs due to extensive infrastructure**
- 5. Long onboarding processes that delay results**

Our Approach

- 1. Streamlined 90-day “pilot” programs designed for cost-effectiveness**
- 2. Pragmatic, Science-based methodologies that yield measurable outcomes**
- 3. Tailored solutions catering to specific client requirements**
- 4. Lower operational costs without compromising quality**
- 5. Quick deployment for rapid impact and results**

Meet the Team



Jacalyn S Burke

DCT 28 Meditation

DCT Founder. Bloomsbury author, marketing strategist, and former literary agent, New York Times-reviewed. CEO at AIVERITAI, AI-powered branding and digital strategy.



Liam J Burke

“Flo-Q” C-Suite Coaching

Trader, Serial Entrepreneur, Certified NLP Practitioner. Entrepreneur, Flo Q state coach, utilising DCT Meditation



Allison Jeffereys

“Flo-Q” Team Training

Former Fortune 100 executive with over 30 years of leadership experience and a background in corporate psychology.



Next Steps

1. Start with a free consultation. 2. From there, we'll build a wellness strategy and budget designed specifically for your organization. 3. Road test our strategy for 90-days.