





TRANSFORM, EMPOWER, INFLUENCE.









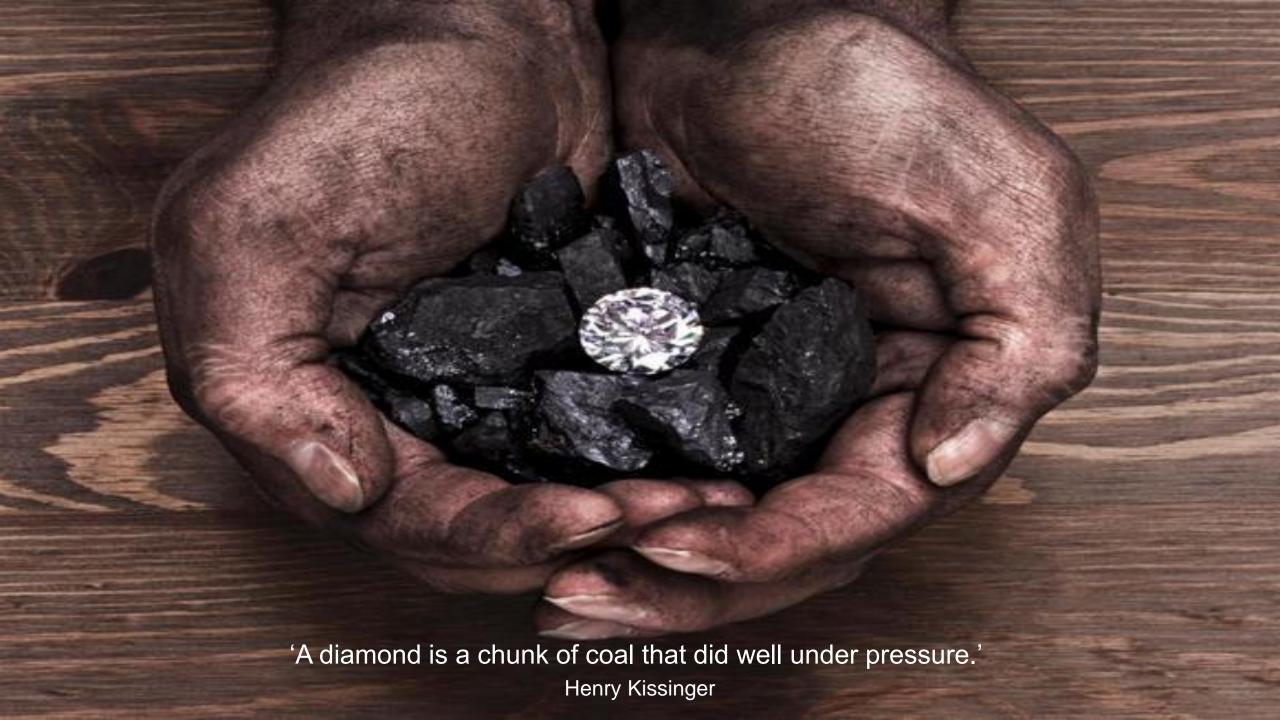


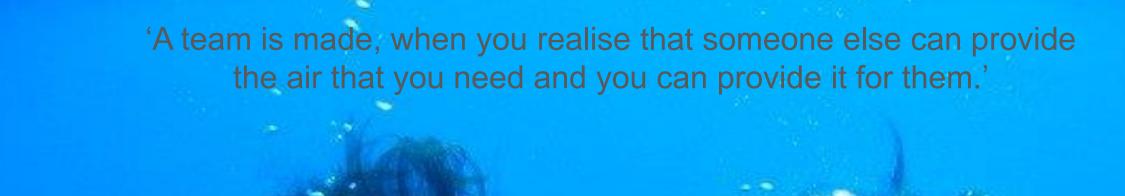






















'Control the Controllables'





www.adaptive-performance.com

@adapt_perform

@LauraPenhaul

'Losing Sight of Shore' - Documentary on Netflix, Amazon and iTunes