



Regenerate I

Summary of Findings

Presented by | Jessica Corbin

Date | 05.06.2025



O V E R V I E W

AUTHENICA × SORCE

SORCE is pioneering the field of **Energetic Literacy** – the ability to understand, manage, and renew one’s energy for sustained health, well-being, and professional performance.

Designed for high-capacity professionals who want to thrive without compromising their health, the **Authenica x Regenerate 30-Day Experience** delivered daily practices, HRV insights, and guided reflection to help participants build energetic awareness, deepen self-care, and elevate how they show up in all areas of life.





O V E R V I E W

Over 30 days, participants tracked their energy, explored the science behind performance, and practiced small, sustainable shifts that led to a measurable impact on individual vitality, team dynamics, and workplace culture.

The result: measurable improvements in wellbeing, energetic literacy, and personal coherence and agency—setting the foundation for long-term cultural and performance gains.



HRV Analysis

The group's HRV baseline was established at 90, providing a powerful reference point for nervous system health and resilience. By using HRV as a benchmark, participants were encouraged to view energy and recovery as vital performance metrics—not just “soft data.”



Data Moments & Trends



Exceptionally High Engagement

- This group demonstrated a remarkable **80% engagement rate** – well above industry norms for wellness and performance programs. A major driver of participation was the deep trust already established between participants, Authenica, and lead facilitator Lisa May. This pre-existing relational capital created psychological safety and openness, which allowed participants to engage more fully from the start.
- In addition to strong interpersonal rapport, participants reported receiving immediate value from their first interaction with the SORCE curriculum and technology. The unique integration of HRV tracking, self-reflection tools, and guided energetic practices helped participants feel both seen and supported—contributing to consistent engagement throughout the experience.



Increase of HRV Baseline

- While the primary goal of the first 30 days is to establish an HRV baseline (rather than drive change), this cohort saw a modest but measurable +1 increase in average HRV baseline. This uptick suggests a subtle yet significant improvement in nervous system regulation, indicating that participants may have begun shifting from chronic stress patterns into more balanced, resilient states.

INSIGHT

The combination of trust-based facilitation, emotionally attuned psychometrics (The Heartbeat), and personalized biofeedback created an optimal environment for early wins in both participation and physiological resilience. This reinforces a key principle: **When people feel emotionally safe and biologically supported, performance naturally rises.**

Energetic Literacy Assessment

SORCE is pioneering the field of Energetic Literacy—the ability to understand, manage, and renew one’s energy across all domains of life. In just 30 days, here’s what emerged from the Authenica cohort’s experience.

Energetic Literacy Assessments (ELAs) Participants completed pre- and post-assessments across three core domains of energetic literacy:



Pre Average		3.65
Post Average		4.18
% Change		+14.3%



Pre Average		3.89
Post Average		4.13
% Change		+6.2%



Pre Average		4.02
Post Average		4.41
% Change		+9.7%



CONNECTION
TO ME

+14.3%

The greatest transformation occurred in personal awareness and energy agency. Participants reported a stronger connection to body signals, increased reflection, and a new willingness to make space for their energetic needs—hallmarks of stress resilience and empowered self-leadership.



CONNECTION
TO YOU

+6.2%

Participants grew in their capacity to remain present with others, communicate emotions, and create safe environments for shared experience. These relational gains lay the groundwork for stronger collaboration and psychological safety.



CONNECTION
TO WORK

+9.7%

Post-assessments revealed greater awareness of how work impacts vitality—and how personal energy affects team dynamics. Participants also showed growth in reflecting on how their energy contributes to or detracts from workplace culture.

Key Findings

Self-Awareness & Agency

The 14.3% increase in “Connection to ME” reflects a measurable cultural shift toward inner resourcing and energy responsibility.

Group Cohesion

High scores in relational openness and support suggest a strong foundation for collective resilience.

Openness to Innovation

Participant feedback noted a newfound curiosity about energy, stress, and performance as interconnected forces.

Opportunities for Growth

Stress + Energy Management

Despite improved awareness, participants still cited challenges with consistent regulation during high-demand periods—pointing to the need for deeper system-wide support.

Psychological Safety

While growing, the ability to verbalize feelings at work and navigate contrast remains a developmental edge.

Leadership Modeling

Engagement from senior leaders will be essential in embedding energy literacy into daily rhythms and team culture.

What they Loved

“Finally understanding how my body responds to work stress—and how to recover.”

“The morning check-ins helped me be intentional with how I showed up.”

“It gave me language for something I’ve felt but couldn’t name—my energy.”

Testimonials

"It feels very exciting to me that we are changing the world of work to be more human, to be more compassionate, to be more integrated and holistic."

Ellen Palmer

"I don't think I've ever had this much support in terms of focusing on my health."

Jonathan Suwarna

"What I found really, really, really powerful is being part of this community... I didn't expect I would learn so much from everybody's personal experiences."

Scott May

"This experience has made me so much more aware of my sleep patterns, energy, and HRV—not just in myself, but in how we all affect each other."

Lauren Jabel

"I already feel more energy literate than I was before... What's exciting is realizing how much control we actually have."

Jordan Javier

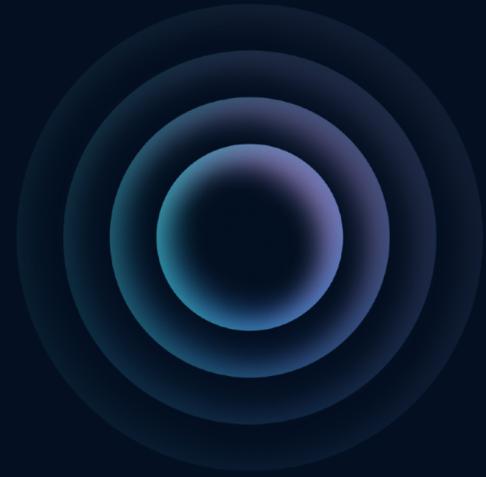
The Business Case for Energetic Literacy

The Regenerate 30-Day Experience with Authenica successfully introduced energetic literacy as a new frontier in performance and well-being. Participants increased their capacity to self-regulate, reflect, and collaborate more effectively—all while developing the internal tools to prevent burnout and optimize energy in real time.

The ROI is clear

- Greater productivity and decision-making clarity
- Reduced burnout and absenteeism risk
- More cohesive and innovative team culture

Investing in energetic literacy is no longer a luxury—it's a strategic imperative.



SORCE

Regenerating Human Energy

Jessica Corbin
Sorce Technologies, Inc.
181 Pier Ave. Santa Monica CA, 90405
jessica@sorce.io

www.sorce.io