

Pilot Program Overview

Pilot Program Overview: The Psychology of the Modern Workplace

Facilitator: Rachael S. Clark, PhD

The Opportunity

I am currently selecting five organizations to participate in the pilot phase of my Science of Flourishing workshop series. This program is designed for teams that are ready to move beyond "wellness initiatives" and toward a grounded, research-backed understanding of human performance and well-being.

As a psychologist and researcher with over 25 years of experience, my goal is to bridge the gap between academic findings and your daily professional reality.

Offering	Format	Duration	Focus
Tier 1: The Foundation	Interactive Seminar	90 Minutes	Individual resilience, the HERO framework, and managing cognitive overload.
Tier 2: The Deep Dive Intensive	Intensive Workshop	3.5-4 hours	Team motivation (Self-Determination Theory), work-life reflection, and a 30-day roadmap.

Workshops can be delivered virtually or in person (Cincinnati area).

The Pilot Exchange: Feedback in Lieu of Payment

In a traditional engagement, the professional fee for these sessions ranges from \$1,500 to \$5,000. However, for this select pilot phase, the professional fee is waived. In exchange for this service, I ask for your partnership as "co-researchers" to help me refine these offerings for the broader professional community. Participants and leadership are asked to provide the following:

- **Participation in Pre-Workshop Data:** Completion of a 2-minute anonymous "Check-In" survey to help me tailor the session to your team's specific needs.
- **A 5-Minute Post-Workshop Survey:** Honest feedback on the clarity, relevance, and impact of the psychological frameworks presented.
- **Professional Testimonials:** A brief written statement (or permission to use anonymized survey data) regarding your experience, to be used for website and professional materials.
- **A 30-Day Brief:** A short follow-up conversation or email with the team lead to discuss any observable shifts in team engagement or well-being following the session.

What is Included

1. **Customized Facilitation:** A session tailored to your team's unique "Energy Drains" and "Autonomy Scores."
2. **Digital Resource Packet:** A curated PDF for every participant summarizing the core research (HERO, SDT, and Mindset).
3. **The Flourishing Roadmap:** A structured plan for every participant to implement science-backed shifts starting the following Monday.
4. **A Researcher's Perspective:** Access to 25 years of psychological expertise and clinical rigor.

How to Apply

If you are interested in bringing an evidence-based approach to your team, please contact me at info@rachaelclarkphd.com or visit rachaelclarkphd.com.



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