

# MAGNUSWORX™



*"If you inspire yourself & those around you to answer the call of duty and obligation to dream more, learn more, do more, and become more for yourself, your family, the agency & the community, you are MAGNUS."*

-Mitch Javidi, Ph.D

***The only proactive habit-building peak performance & wellness application designed specifically for law enforcement and first responders.***



## Evidence-Based

### **BUILDING CAPACITY & RESILIENCE ACROSS 11 DOMAINS OF WELLNESS & PEAK PERFORMANCE**

#### **OUR MISSION**

To inspire and elevate the peak performance and wellness journey from GREAT to MAGNUS powered by evidence-based technology delivering RESULTS with CONFIDENCE.

Mental Wellness | Emotional Wellness  
Physical Wellness | Spiritual Wellness  
Family Wellness | Occupational Wellness  
Social Wellness | Relational Wellness  
Financial Wellness | Resilience &  
Leadership Performance

- Confidential with anonymity
- Personalized app with agency branding, messaging & logo
- Full 24/7/365 access (sworn, professional staff, reserve, and retired personnel)
- Confidential self-assessments
- Habit-building tools
- Pulse-24 & Power-12 Immersions to evoke positive emotions.
- Curated content by national SMEs on 11 domains of wellness performance
- Geo Mapping (find services near by)
- Direct mobile confidential access to Crisis Text Line, National Suicide Prevention Lifeline, Therapy Portals, Cop-line, NAMI & much more
- Peer Support & Chaplains
- Access to best-seller Bullet Proof Spirit book by Dan Willis (videos)
- Access to West Point Leadership Videos
- Sleep Sounds
- Yoga exercises
- Diets & Nutrition
- Calculators
- Much more ....



**INSPIRE . EDUCATE . IMPACT . TRANSCEND**

## BUILDING HABITS



"As a Sheriff, one of my highest priorities is the peak performance and well-being of my staff. If we aren't taking care of them, how can we take care of those we are sworn to serve? The MAGNUSWorx APP is one of the best tools I've ever seen and deployed at my agency. It gives us the opportunity to ensure our staff is being cared for in the way they deserve while inspiring to transcend through habit-building capabilities across 11 domains."

Sheriff Charles Blackwood  
Orange County, NC



## SUBJECT MATTER EXPERTS

Andras, Tiffany  
Apter, Michael, Ph.D.  
Bohl-Penrod, Nancy, Ph.D.  
Clark, Olya, Certified Master Yoga  
Conroy, Richard, Ph.D., FBINA #150  
Dominguez, Dave, Ret. Chief  
Ellis, Brian, Ret. Lt.  
Ford, Susan  
Garcia, Mark, Ret. Chief  
Greenburg, Cathy, Ph.D.  
Hoina, Christopher, FBINA #222  
Javidi, Mitch, Ph.D.  
Kaye, Bryce, Ph.D.  
Keis, Ken, Ph.D.  
Kingsfield, Jeff  
Long, Larry, Ph.D.  
Mather, Dave, Ph.D.  
Nash, Ray, Ret. Sheriff  
Normore, Anthony, Ph.D.  
Prohaska, Jenny, Ph.D.  
Richeal, Rosanne, Ret. Chief  
Scott, Wellington, Ret. Lt. Col.  
Shaffer-Vanaria, Linda  
Silveria, Deborah, Ph.D.  
Spiegel, Sam, Ret. Chief, FBINA #199  
Stephen, Petrilli, Chief  
Stuart, James, Ret. Sheriff  
Watt, Randy, FBINA #191  
Weithman, Mark, Ph.D., Ret. Chief  
Willis, Dan, Ret. Captain, FBINA #241  
Zak, Paul, Ph.D.  
Many more ...

Peer Support / Wellness Team accessibility, coupled with greater ease of interaction, gives the peer supporter the edge needed to provide extremely effective intervention in times of crisis.

This is also why the MAGNUSWorx peer support is helpful even when agencies have other EAPs & wellness programs.

- Peer Support and direct outreach in APP
- Peer Support Dashboard review
- Supports both Anonymity and Confidentiality resources



Website



Request Demo

The **MAGNUSWorx™** mobile APP activates intention by delivering motivationally designed tools to help build an individualized pathway to overall healthy living.

Dr. Mitch Javidi

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