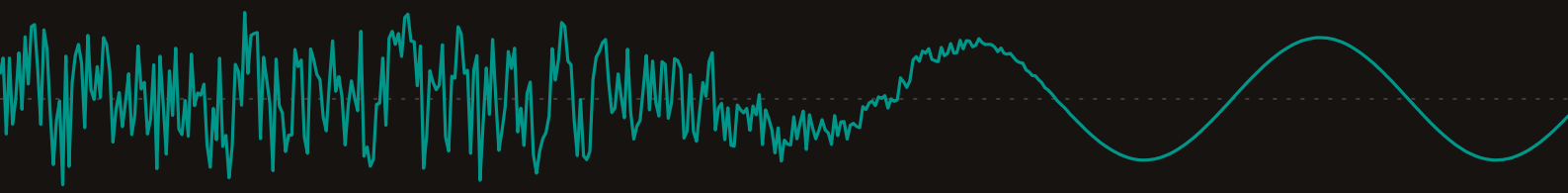
Less ~~grind~~. More *capacity*.

How a London investment bank's senior deal team became calmer, sharper and more resilient under pressure in six months. Measured at the start. Measured at the end.



RUNNING HOT

REGULATED

+30%

Better balance between stress and recovery, measured by 24-hour heart rate variability

−24%

Fewer blood sugar swings, the hidden driver of afternoon fog

3 of 3

Thinking measures improved, independently verified by a UCL neuroscience spin-out

Client: **Investment banking boutique, London**
Team of six. Six months.

Your health data stays yours.

READ THIS FIRST

Your data is *yours*. Full stop.

"Will my boss see my blood results?"

No. Never.

1 **Your results stay between you and Carlyle.**
Bloods, genetics, glucose, heart data. All of it.

2 **Your employer never sees your personal data.**
Not a summary. Not a score. Not a flag.

3 **Your colleagues never see it either.**
In group sessions you choose what you share. The default is nothing.

4 **Leaders only ever see the team as a whole.**
If the program extends, leadership gets an anonymised team before-and-after. No names. No individuals.

This is why it worked in London. People were honest about their sleep, their stress and their habits, because they knew the data was theirs. Honest data in. Useful answers out.

A full data handling document is available on request.

THE SHORT VERSION

THE TEAM	Six senior dealmakers. Sharp, experienced, already performing at a high level.
THE GOAL	Keep them at their best when the stakes, the hours and the pressure are highest.
THE WORK	Map each person's biology. Find the **two or three things** that matter most. Build habits that hold up under pressure.
THE RESULT	Better recovery, steadier energy and sharper thinking. **All three moved together.**

WHY THEY CAME

Nothing was broken. *That's the point.*

The client is a London investment banking boutique, advising blue-chip corporates, private companies and family offices on high-stakes decisions.

Their senior deal team was sharp. Experienced. Technically excellent.

Leadership didn't call because something had gone wrong. They called because they were **thinking ahead**. When your people are your biggest advantage, keeping them at their best isn't a perk. It's strategy.

Sound familiar? Swap deal teams for executive and operational leaders, and the pressure looks much the same.

Long days. Travel across time zones. Decisions where getting it wrong is expensive, or unsafe. And change that doesn't wait for anyone to be rested.

The question is never whether your people are capable. It's whether their *biology* is keeping up.

WHAT WE DID

01

MAP

Get a clear picture

Five sources. One picture.

Genetics. How you're wired.

Bloodwork. What's going on inside.

Glucose (CGM). Energy in real time.

Nutrition analysis. What fuels you.

Wearables. Sleep, recovery, activity.

02

DECODE

Find the two or three things

Data without direction is just noise.

High performers rarely have everything broken. Usually two or three basics have quietly slipped. **Sleep. Movement. Food timing. Recovery.** Find those. Fix those. The system responds.

03

MENTOR

Make it stick under pressure

Each person worked one-to-one with Carlyle.

We also worked on something most programs ignore: how people see their **own capacity** under pressure. When that shifts, habits stop feeling like discipline. They start feeling like who you are.

Here's the thing most people *miss*.

Your brain runs on a map of your body. Under constant pressure, parts of that map slide from 4K to old black-and-white TV. The signal is still there. It's just blurry. A blurry map makes the brain cautious, tired and reactive. **Upgrade the map, and the output changes.**

SIX MONTHS LATER

What *changed*.

6 people | Tested at **month 0** and **month 6** | Real working conditions, not a lab

Thinking

COGNITIVE FUNCTION
INDEPENDENTLY MEASURED BY LONDON COGNITION (UCL)

+4.2%
Visual search
Spotting what matters, faster, in a crowded field of information

+4.3%
Working memory
Holding more in your head at once, without dropping pieces

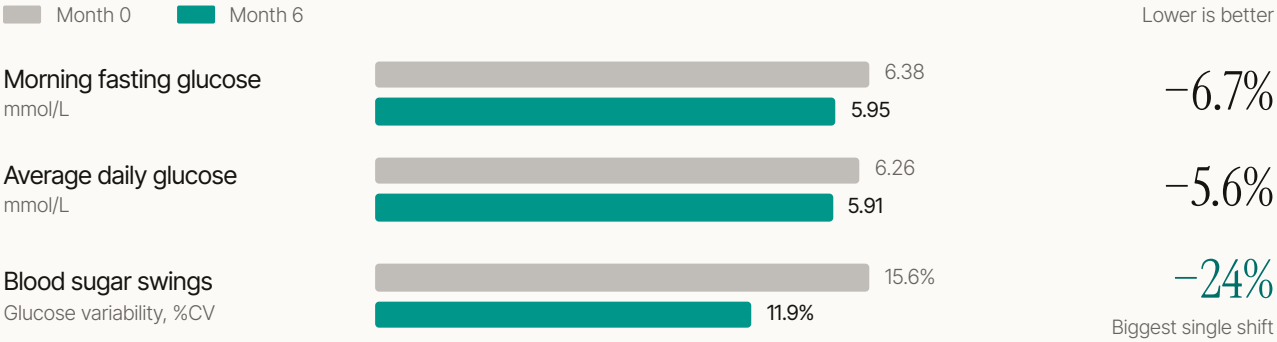
+4.6%
Focus under distraction
Less pulled off course by noise and interruption

WHAT THIS MEANS

4% sounds small. It isn't. Across a whole team making big calls every day, a 4% lift in the right places is a **structural edge**. Think compound interest, but for the brain.

Energy

BLOOD SUGAR
CONTINUOUS GLUCOSE MONITOR (DEXCOM G6)



WHAT THIS MEANS

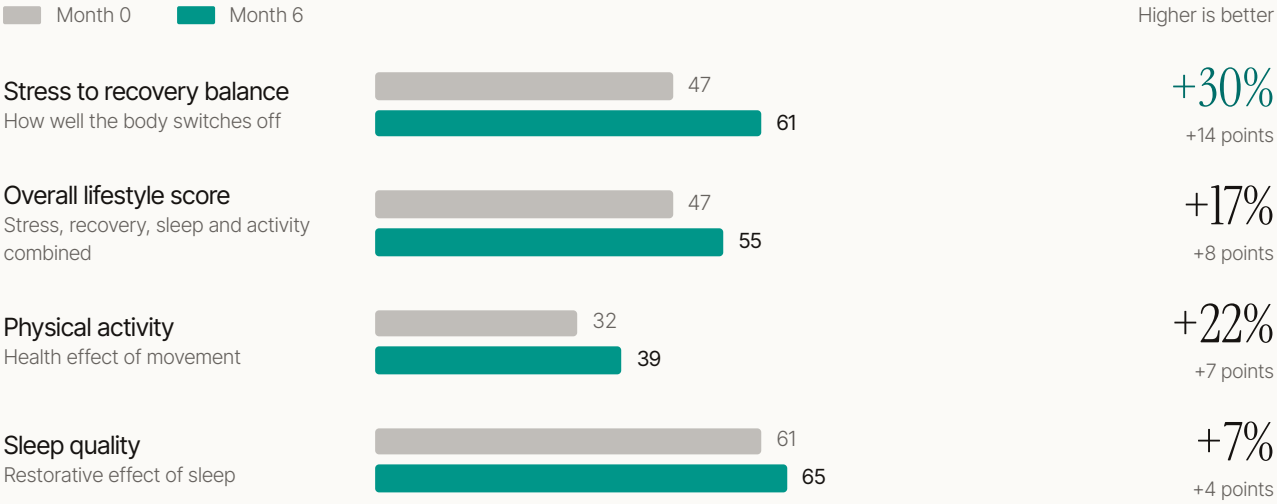
When blood sugar swings, thinking swings with it. Steadier fuel means steadier output, **hour to hour and decision to decision**. That 3pm fog isn't a character flaw. It's usually chemistry.

SIX MONTHS LATER

Recovery is the hidden *edge*.

Stress and recovery

24-HOUR HEART RATE VARIABILITY
FIRSTBEAT LIFE. SCORES OUT OF 100.



WHAT THIS MEANS

These aren't soft numbers. They're the inputs that decide how well someone thinks when the pressure is real. The team's stress to recovery balance moved from **moderate to good**. A team that recovers properly between big pushes makes better calls on the next one. Simple as that.

WHAT IT ADDS UP TO

Health

Steadier blood sugar and better recovery. The body stopped running in the red.

Regulation

Better ability to switch off after pressure, measured in the nervous system itself.

Thinking

Sharper search, memory and focus, verified by an independent neuroscience lab.

Change the inputs. *The output follows.*

THEN AND NOW

Then, a recorder. Now, a *mirror*.

In London, heart rate variability showed how people coped **after** the fact. Now it shows what's happening **right now**, so you can change it.



HRV in one breath. Your heart doesn't tick like a metronome. The gaps between beats stretch and shrink all day long.

That flexibility is a live readout of your nervous system. More flexible usually means more capacity in reserve. Think of it as your body's **stress dial**.

THEN: LONDON

The recorder

Firstbeat, worn for 24 to 72 hours

- Looks backwards
- Report arrives after the event
- Shows how you coped
- Great for measuring change

NOW: IN THE ROOM

The mirror

XONE, Carlyle's own platform, on a Polar H10

- Live, in the moment, on your own phone
- Feedback while you practise
- Teaches you how to shift state on purpose
- Built and run by Carlyle, not a third-party wellness app

Why it matters. Self-regulation is a skill, not a personality trait. And like any skill, it builds faster with instant feedback.

Slow your breathing and watch the signal settle. Think about a hard conversation and watch it jump. People stop *reading* about regulation and start *doing* it.

How the room works. Everyone sees their own live signal on their own phone. Nobody else does.

To bring it to life, Carlyle puts **his own** live signal on the big screen first. If anyone wants to share theirs, that's their call. No one's screen goes up without their say-so.

Measure it. See it. *Shift it.*

12 WEEKS

Same method. One big *upgrade*.

London proved the method. Your program adds live nervous-system training at its centre. The aim: **sustainable performance, self-regulation and steady leadership under pressure.**

Understand

What your biology says about how you handle pressure.

PROVED IN LONDON
Bloods, glucose and HRV found each person's top two or three priorities.

Regulate

Recognise your state in real time. Build a toolkit to shift it on purpose.

NEW SINCE LONDON
Live HRV training with XONE and the Polar H10.

Experiment

Small, personal tests at home, at work and on the road. Keep only what works.

PROVED IN LONDON
Tiny, repeatable changes. Not a program to survive.

Apply

Turn insight into a playbook you can use when it counts.

PROVED IN LONDON
The team still uses the tools today.

HOW IT RUNS

START	**Blueprint and 1:1 with Carlyle.** A short questionnaire, a conversation, testing ordered.
TEST	**Four simple things.** One blood draw near you. One genetics sample at home. A small glucose sensor on the arm for ten days. An AI-powered photo log of your food. Carlyle coordinates the logistics for all of it.
DECODE	**Your Decoded Report and debrief.** Video walkthrough and 1:1. Two or three priorities, ranked, so you know what deserves your attention first.
WORKSHOP	**Live workshop.** What pressure does to the body, what your own data shows, and live regulation practised, not just explained. You leave with your Regulation Playbook.
AFTER	**Your Regulation Toolkit, delivered.** Everything from the workshop, built around what worked for you.
TO WEEK 12	**Apply and refine.** Private 1:1 support with Carlyle throughout. Tested when the pressure is on.

What each person *receives*

- Performance Blueprint and 1:1
- Blood panel and genetics
- Glucose monitor (CGM)
- Nutrition analysis
- Decoded Report, priorities ranked
- Video walkthrough and debrief
- Personal playbook
- Regulation Playbook
- Regulation Toolkit
- 12 weeks of private 1:1 support

Two years later, the tools were still part of how the team *worked*.

The real test of any program isn't the six-month number. It's what's still standing long after.

ABOUT CARLYLE

Australian by birth. Twenty years in London running Prohab Performance, including a decade on Harley Street. This case study was delivered during that time.

Carlyle takes complex health data and turns it into two or three simple actions that change how people make, use and store energy. Then he teaches them to read and steer their own nervous system, live.

TRACK RECORD

- 25 years. More than 5,000 people.
- World champions including Sir Mark Cavendish and James Woods
- Founders, investors and professional teams
- AHPRA registered
- Diploma in Lifestyle Medicine

Your people are capable. The real question is whether their *biology* is keeping up with their ambition.