

Case Study: From Lost Identity to Executive Firepower

Client: Aleandro Daka

Program: Executive Peak Performance (Full Reset & Build Protocol)

Profile: Former Professional Footballer transitioning to new high-performance role

Program Duration: 90 days

Phase at Conclusion: Build

Abstract

This case study examines the physical and psychological transformation of Aleandro Daka, a retired professional footballer who had lost structure, confidence, and identity post-career. Over a 90-day Executive Peak Performance (EPP) intervention, targeted HRV recalibration, metabolic optimisation, and nervous system training led to full-body recomposition, restored self-belief, and successful transition into a new high-performance role.

Introduction

Post-retirement, athletes often struggle with loss of identity, declining physical health, and erosion of mental clarity. Aleandro faced this challenge acutely: disconnected from structured performance routines, carrying excess weight, and lacking the psychological drive that had defined his career. His case reflects the broader problem of post-career decline in both athletes and executives transitioning between high-pressure roles.

Methods

Diagnostics & Key Findings:

- HRV tracking revealed poor autonomic regulation
- Macronutrient intake insufficient for maintaining lean mass
- Nervous system markers indicated chronic stress load without structured recovery
- Muscular imbalances and deconditioning from reduced training volume

Intervention Strategy:

- **HRV Recalibration:** Breathwork, vagal drills, and rhythm-based recovery practices
 - **Metabolic Engineering:** Macronutrient recalibration with protein prioritisation and clean cycling strategies
 - **Strength & Movement Training:** Sequenced progression from foundational strength to functional movement integration
 - **Identity & Confidence Reset:** Nervous system grounding, structured routines, and progressive performance milestones
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Results

Quantitative Gains:

- Full-body recomposition: fat mass reduced, muscle mass increased
- HRV scores improved significantly, stabilising daily recovery markers
- Strength markers progressed across major lifts and movement patterns

Qualitative Gains:

- Renewed sense of confidence and self-belief
 - Reclaimed structure and discipline reminiscent of professional playing career
 - Transitioned successfully into a new professional performance role
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Discussion

Aleandro's case shows the overlap between physical recalibration and psychological restoration. For former athletes and executives alike, the body often serves as the anchor for identity. By restoring metabolic control, nervous system balance, and physical output, the EPP framework reignited Aleandro's clarity and purpose. His progress demonstrates how tactical performance systems can drive both physiological transformation and psychological resilience.

Conclusion

Within 90 days, Aleandro transitioned from disconnected and stagnant to lean, resilient, and focused. The EPP system not only restored his physical performance but also reignited his identity and leadership presence, proving its value in life transitions where clarity and resilience are paramount.