

# Case Study: The Founder Reset – Rebuilding from Collapse to Peak Output

**Client:** Thibo David (Founder of The Pouvoir Method)

**Program:** Executive Peak Performance (Self-Experimentation Protocol)

**Profile:** Former Special Forces Operator, Performance Strategist, Founder

**Program Duration:** 30 days (live stress-test experiment)

**Phase at Conclusion:** End of Reset

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## Abstract

This case study documents a deliberate self-collapse engineered by Thibo David to test the Executive Peak Performance (EPP) system under extreme conditions. Starting from 87 kg, disconnected routines, and metabolic dysfunction, Thibo applied the EPP framework to himself as a live trial. Within 30 days, he achieved a 10 kg weight reduction, restored clarity, and reactivated performance markers — proving the efficacy of the system and codifying its blueprint for high-performing clients.

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## Introduction

To build a system that could withstand the pressure of elite executives, professional athletes, and world-class performers, Thibo stress-tested his own methodology. By intentionally gaining weight, disrupting sleep, and abandoning routines, he replicated the hidden decline experienced by high achievers. The goal: prove that the EPP framework could reverse collapse and restore peak output under real-world, high-pressure conditions.

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## Methods

### Initial Condition:

- Weight: 87 kg
- Flat energy, inconsistent routines, metabolic sluggishness
- Elevated stress load, reduced HRV
- Loss of clarity and structure

### Intervention Strategy:

- **Biometric Insight:** Daily WHOOP-led recovery, HRV, and sleep tracking
- **Nervous System Reset:** Breath-based training, vagal drills, circadian recalibration
- **Metabolic Engineering:** Carb cycling, clean structured nutrition, intermittent fasting
- **Movement Protocols:** Sequenced training progression combining strength, conditioning, and micro-recovery routines
- **Identity Anchoring:** Structured daily schedule and high-accountability routines

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## Results

### Quantitative Gains (30 days):

- Weight: **87 kg** → **77.5 kg**
- HRV: restored to high-performance range
- Sleep: deeper cycles with improved recovery markers

### Qualitative Gains:

- Mental clarity restored after weeks of stagnation
- Confidence and structure reactivated
- Codified full Reset protocol for elite clients

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## Discussion

This founder-led case study demonstrates the power of testing methodology on oneself before applying it to clients. By living the same collapse many high performers silently endure, Thibo validated not only the physiological effectiveness of EPP but also its psychological resonance. Clients can trust the system because it was born out of lived experience and refined under stress.

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## Conclusion

In just 30 days, Thibo transformed from deliberate decline to peak output, validating the EPP Reset protocol as a blueprint for elite recovery. His personal transformation serves as both proof-of-concept and motivational anchor for clients: the system is not theoretical — it has been lived, tested, and proven.