

About HOSA

Human Operating System Architecture (HOSA) is a systems model for understanding the human condition, explaining behaviour, and designing change that holds.





A Safe Space & Co-Regulation
provide a Moment of Relief
that will fade by morning.



What is HOSA?

Most models of performance, growth, and leadership were built for a different world. A world with more recovery, less noise, and lower sustained pressure. That world no longer exists.

Today, people are operating inside systems that are:

- continuously activated
- biologically loaded
- cognitively saturated
- emotionally unresolved

And still expected to perform, decide, lead, and deliver.

HOSA (Human Operating System Architecture) is a whole-human model that works across:

- bioenergetic neurophysiology
- biomechanics
- biochemistry
- neuroscience
- nervous system regulation
- functional biology
- perception and meaning
- environment and relational field

It explains how these interact to shape capacity, behaviour, and change.

This is why:

- clarity can disappear overnight
- insight does not lead to change
- effort stops working
- people function well one day and not the next

The system is adapting to what it can handle.

HOSA is for individuals and organisations who are:

- working at the edge of their capacity
- responsible for real outcomes
- open to looking beyond mindset and behaviour
- willing to work with the full human system, not just parts of it

HOSA makes your own work at least 50% more effective, while saving at least 50% of the time involved with producing outcomes that last.



If the problem is persistent, that problem is systemic.



How To Engage HOSA

HOSA can be engaged with at different levels, depending on your work and context.

Get Trained in HOSA

For Professionals working anywhere within the Human Development Industry from Doctors and Clinicians to Coaches and Consultants.

HOSA Level 1 introduces the foundations of the HOSA model for those working directly with individuals looking to create change across any domain in life.

It provides a systems lens for understanding:

- capacity and load
- state vs structure
- behaviour across changing conditions
- why interventions work, fail, or don't hold
- how to begin sequencing change more accurately

HOSA informs, integrates and reorients your existing approach and practice.

→ [Learn more](#)

Bring HOSA into your Organisation

HOSA is applied within organisations to understand and improve how people function under real conditions.

This includes:

- leadership under pressure
- burnout and capacity
- behaviour change and execution
- team dynamics and performance
- designing systems that account for human limits

→ [Learn more](#)

Read The Science Behind HOSA

HOSA is First Principles. It is grounded in a vast body of conventional and emerging scientific domains, including cellular biology, chronobiology, stress physiology, nervous system science, behavioural science, endocrine, respiratory, cardiology, musculoskeletal, and complex systems thinking. Ongoing work continues to refine, test, and articulate the model.

→ [Read the science](#)



12 Biological Systems In Configuration, Made Legible

1. Epigenetics
2. Chronobiology
3. Mitochondria
4. Central Nervous System
5. Autonomic Nervous System
6. Fascia
7. Respiratory
8. Cardiovascular
9. Muskuloskeletal
10. Waste Elimination
11. Endocrine
12. Digestion



HOSA in Practice

HOSA applies anywhere human behaviour, performance, health, or change are involved.

It is a foundational interface for more than 1100+ modalities, therapies and bodies of healing and transformational work.

1. Personal functioning: clarity, consistency, energy, decision-making
2. Health and recovery: regulation, resilience, burnout, capacity
3. Relationships: patterns, reactivity, communication, repair
4. Professional performance: leadership, visibility, pressure, execution
5. Coaching and therapy: why interventions work, fail, or don't hold
6. Organisations: human capacity, behaviour under pressure, system design

Wherever behaviour matters, the system behind it matters.

Scope & Boundaries

HOSA is a systems model that is industry agnostic. It is foundational to any industry working with people. It is industry level systems thinking. That means that HOSA is a benchmark standard with which to measure your own work against.

HOSA is not a therapy, a treatment protocol, or a regulated qualification. It reveals how to make that work more effective, more efficient, and do so with a lot less time.

It does not replace existing professional training, licensing, or clinical responsibility.

HOSA is protected intellectual property. Learning the model does not grant rights to teach, certify, or commercialise it. Professional and organisational use is subject to licensing.

→ Licensing overview



HOSA Governing Equation:

$$RC = TE - (BL + TL)$$

Recovery
Capacity

Total
Energy

Biological
Load

Threat
Load



HOSA Faculty

The HOSA Practitioner Programme is led by Shannon Eastman, founder of the Human Operating System Architecture (HOSA) Institute and Co-Architect of the HOSA Model.

Shannon brings together two decades of experience across corporate, business, and human development environments, underpinned by deep study in trauma physiology, psychology, and behavioural systems.

She specialises in helping practitioners and leaders understand how capacity, load, and system constraints shape behaviour, enabling more precise intervention and change that holds.

Dr. Joshua Rosenthal is a physician, counsellor, and Co-Architect of the Human Operating System Architecture (HOSA), focused on restoring biological and energetic integrity. His work integrates clinical insight with systems thinking to understand how energy, load, and capacity shape health and performance.

He also developed the MitoCircadian™ Health model, combining mitochondrial medicine, circadian biology, quantum photonics, and nervous system coherence to explore how light, timing, and cellular energy influence resilience and recovery.

Dr. Abrar Hussain is a Consultant Psychiatrist and Co-Architect of the Human Operating System Architecture (HOSA), working across clinical psychiatry and systems-based approaches to human health.

A Fellow of the Royal College of Psychiatrists, he leads a specialist NHS service for Functional Neurological Disorders and has received multiple Clinical Excellence Awards for leadership and patient care. His work focuses on how biological load and nervous system dynamics shape clinical presentation and recovery.



Shannon Eastman



Dr. Joshua Rosenthal



Dr. Abrar Hussain

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HOSA Science 



Train
in HOSA 



HOSA for
Organisations 