

RESILIENCY TRAINING

FOR PEAK PERFORMANCE IN THE MILITARY

also titled "Martial Arts for the Mind"

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training provides both physical and cognitive techniques to overcome the negative impacts of stress, and to increase our capacity to bounce back from adversity. Navy Seals use these techniques to calm intense fear before combat. Actors and athletes use them to reduce stress during performance. Learn how to stop the stress response before it arises, and to find effective ways to release it once present. You'll learn how to:

- Understand and communicate more effectively with difficult people
- Enhance resiliency to meet challenges; recover more quickly from adversity
- Work under pressure with greater calmness and clarity of mind
- Dramatically reduce stress with simple breathing and relaxation techniques that can be done in just a few moments
- Achieve relief from chronic pain, high blood pressure, insomnia, and many other stress-related conditions
- Increase mental focus and productivity amidst 24/7 hyperconnectivity

"Excellent. Thank you again for taking the time to train our Master Resiliency Trainers. This is worth bringing to all Air Forces bases. Everyone can benefit from this program."

—Major Ericka Aldrich, Chief
Senior Leader Management
PAC AF (Pacific Region Air Force)

"Your training has been a great help. As we prepare for deployment, we are better prepared to take what comes in stride and respond appropriately as needed."

— Charles Palmer, Jr. Administrator,
351st Civil Affairs, U.S. Army

"This program was very helpful for me and for the captains and XO's at the Annual Fleet Administrative Management Conference. I'd like to see this training spread more broadly through NOAA."

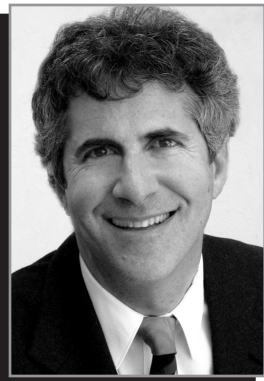
— Admiral Jon Bailey, NOAA

"Outstanding. Great examples to demonstrate instruction and techniques."

—Robert Fisher, Executive Staff Officer
& Chief, Defense Information Systems
Agency Pacific (DISA PAC)

—Clients include—

NASA • NOAA • U.S. Army
U.S. Air Force • U.S. Marines
Treasury Executive Institute
Naval Postgraduate School
911 Dispatchers • San Jose Police
U.S. Forest Service
Department of Defense • DISA PAC
U.S. Naval Surface Warfare Center



David and Karen Gamow

David and Karen Gamow are two of the leading stress and resiliency trainers in the United States. They have personally trained over 25,000 people in these methods in a wide range of settings from high-tech to government. Their training has been an integral part of management development programs for NASA, SSA, and GE Healthcare. They have provided training for the military and UN peacekeeping support. The Gamows' presentations are consistently among the highest-rated trainings an organization provides its people. Authors of *Freedom from Stress*, their work has been featured in *Gannett News*, *Industry Week*, *Investor's Business Daily*, and *Money Magazine*.

Clarity Seminars • (650) 917-1186 • www.clarityseminars.com



CLARITY SEMINARS

240 Monroe Drive, #215
Mountain View, CA 94040
(650) 917-1186 • (925) 263-0015, fax
karen@clarityseminars.com
david@clarityseminars.com
www.clarityseminars.com

David & Karen Gamow, Trainers & conference speakers

Learning and behavioral objectives

Stress and resiliency training

1. Gain control over how you respond to others, especially in challenging situations.
2. Respond appropriately to interruptions, deadlines, and competing demands on time.
3. Gain mastery over your mind and emotions, so you can remain calm at the moment of conflict, and prevent situations from escalating.
4. Evaluate critical situations more clearly and impersonally.
5. Reduce the effects of negative emotions on decision-making.
6. Understand and communicate more effectively with difficult employees/colleagues.
7. Use breathing methods to increase mental focus, and reduce dependence on unhealthy methods of alleviating stress (anger, withdrawal, alcohol, caffeine, avoidance, etc.)
8. Achieve significant relief from insomnia high, blood pressure, pain, and other stress-related conditions that interfere with both productivity and on the job demeanor.
9. Enhance personal productivity. Focus the mind where you want it to go, to achieve results more quickly and effectively.

Instructional strategy:

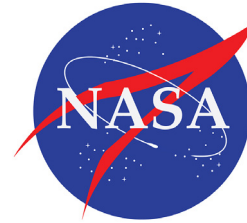
The training is a combination of lecture, experience of techniques, Q & A, and voluntary interaction between the instructor and participants. Participants experience exercises and ideas as observers/scientists, and are encouraged to test them for themselves, in the classroom. The program is both entertaining and challenging, with the goal of a significant and dramatic shift in understanding and insight.

Course content:

The training consists of two approaches to stress: cognitive and physiological. The cognitive training culminates in a 4-step process developed at Harvard that helps participants break the cycle of responding to challenging situations in stressful or non-productive ways. Participants gain an understanding of the mind and its habitual, unconscious responses to external challenges, and also learn how to consciously choose a different response. To the extent that stress is a feeling of being out of control, stress is reduced as we gain mastery over our responses, even in small ways.

The second prong of the training is hands-on practice in a number of relaxation, breathing, and meditation techniques that are clinically proven to reduce stress and enhance mental focus. Participants are also trained to relax the body at will, relieve physical tension, and relieve or eliminate pain. Other benefits include reducing or eliminating insomnia, reducing blood pressure, and enhancing resilience.

National Aeronautics and
Space Administration
Ames Research Center
Moffett Field, CA 94035-1000



Reply to Attn of: DQH:218-2

Karen & David Gamow
Clarity Seminars
240 Monroe Drive, Suite #215
Mountain View, CA 94040

Dear Karen & David,

I want to thank you for the exceptional job you did on the "Breaking the Stress Habit" course here at Ames today. It was even better than the first class, and that one was tremendously successful! Feedback on the evaluations from all participants has been so enthusiastic...8-10s on a scale to 10. Can't get much better than that. After the first class, one manager told me "It's the best thing I've ever taken at Ames," and he's been here almost 20 years.

I feel this is the best stress management program we've ever offered in my 20 years at the Center, and I'm thrilled that we have you on contract for two more classes before the end of the fiscal year. With the response as great as it has been (30 people signed up for the class today!) it's obvious there's a great need. I am confident that we can continue to offer our employees this practical training in life that provides effective tools they can work with, and not just a lot of talk.

People I've spoken with about the course have commented on feeling more focused, calm, and have experienced increased productivity that continued for weeks after the training. It's exciting to think that hundreds of employees will be trained in these life-affirming techniques all over Ames as we continue to offer this course. This could truly revolutionize Ames Research Center. At least, it will revolutionize many people's lives on a daily basis.

In the face of the constant uncertainty, reduction in force, budget cuts, and reorganization facing NASA, this course is exactly what everyone needs. I wish we could make it mandatory for all employees...Now that would be revolutionary! Please feel free to refer any potential clients in industry or government to me for a recommendation.

Sincerely,

A handwritten signature in black ink that reads "Miriam Glazer". The signature is fluid and cursive, with a long horizontal stroke at the end.

Miriam Glazer, MA,
MPH Health Programs Manager



DEPARTMENT OF THE ARMY
HEADQUARTERS, 351ST CIVIL AFFAIRS COMMAND
1776 OLD MIDDLEFIELD WAY
MOUNTAIN VIEW, CA 94043-1809

David and Karen Gamow
Clarity Seminars
240 Monroe Drive, Suite 215
Mountain View, CA 94040

Dear David and Karen:

I wanted to drop you this thank you for the stress-reduction program you presented for my staff and other personnel who work in the Jones Hall United States Army Reserve Center (the "Center") in February. It's been several months since the training, and we are still feeling the positive results. I can easily identify the people who attended the course. As you know, this is a high stress environment, and the training has helped decrease stress significantly. It's been a great help in accomplishing what we need to get done here.

A pleasant surprise - even those who weren't able to take the course have benefited by the improved atmosphere. Somehow, it's rubbed off; they are also experiencing greater productivity and reduced stress. Having a core of trained people has benefited the whole Center. Even one person with calm energy in the face of challenge helps everyone to respond at their best.

We are constantly faced with challenges in this high operational environment. Currently, while we are preparing for the deployment of a substantial number of our soldiers, I feel we are better prepared to take what comes in stride and respond appropriately as needed.

On a personal level, it has helped me to put into perspective those areas that are otherwise stress inducers and deal with them in a productive, stress-reducing way. I have told several people about some of the techniques you use to view life in a way that helps the individual control life, instead of life controlling the individual.

I recommend your work highly. The staff and I thank you for bringing this training to the 351st Civil Affairs Command. Please feel free to use this letter and me as a reference.

Sincerely,

A handwritten signature in black ink, appearing to be "C. Palmer Jr.", written over a horizontal line.

CHARLES R. PALMER JR.
Supervisory Staff Administrator

CF: COL (P) Altshuler, CDR, 351st CA Cmd



NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION
NOAA Marine and Aviation Operations
Marine Operations Center
1801 Fairview Avenue East
Seattle, Washington 98102-3767

David & Karen Gamow
Clarity Seminars
240 Monroe Drive, #215
Mountain View, CA 94040

Dear David and Karen:

Thank you for providing your stress and leadership training to our officers at our Annual Fleet Administrative Management Seminar this past December. The program was very well received, not only by the attendees, but also by members of our senior leadership who sat in on your session as well. Everyone enjoyed the training and found it extremely useful. I understand there are active discussions about bringing this excellent training to more officers and staff within NOAA.

Our shipboard personnel work in a unique and challenging environment. These mental and physical challenges are diverse and handling them appropriately and effectively is critical to the success of a ship's mission, The skills you have provided us with will ensure we are more capable of adroitly tackling these challenges which surface everyday and from every quarter.

This was the first time we attempted any training of this type at our week-long Management Seminar, and my apprehension at trying it out on this no-nonsense crowd was great. However, about 60 seconds into your training, my apprehension disappeared along with my stress! Also, I was glad we started our week with your program. Throughout the remainder of the week, many participants and presenters referred back frequently to the ideas you shared with us. Finally, on top of work challenges, I know people often experience stress in their personal lives. Your training can also help in these areas, making it truly full spectrum and life enhancing.

In closing, I'd like to thank you again for your lively and engaging training. We all found it very effective and enjoyable (as reflected by the course critiques) and I recommend it highly. I'll be commanding a vessel later this year, and plan to have you on board at some point to bring this training to the entire crew.

Best Regards,

Lieutenant Commander Todd A. Bridgeman, NOAA

Deputy Chief of Operations
NOAA Marine Operations Center-Pacific



Stanford University
Stanford Linear Accelerator Center
Operated for the U.S. Department of Energy by Stanford University

2575 Sand Hill Road, MS 11
Menlo Park, CA 94025
(650) 926-2265 (phone)
(650) 926-4999 (fax)
E-mail: erin@slac.stanford.edu
Training Coordinator

David & Karen Gamow
240 Monroe Drive, Suite 215
Mountain View, CA 94040

Dear David and Karen,

Thanks to both of you for another superb session today! Your program has proven to be popular here. As always, we are receiving wonderful feedback.

A stream of people leaving the classroom thanked us personally, saying that this was the most beneficial training they ever attended. Typical of the comments we received was this enthusiastic evaluation: "Two thumbs up! This is a workshop not to be missed. It will change your life!" We pride ourselves on offering practical training to our people, so this is saying something, indeed.

Our employees are an extremely intelligent group of people, including some of the country's finest research scientists, and they gave this program top ratings. It's a big plus that the program is based on clinical research and that people can experience the results of the techniques first-hand. Even our traditional skeptics were won over.

We're very pleased to provide this training to our employees, and plan to have you back again soon. This program is very much needed, and it works.

Sincerely,

A handwritten signature in black ink, appearing to read 'Erin M. Smith', written in a cursive style.

Erin M. Smith
Training Coordinator



San Francisco Bay Area Federal Executive Board

Ronald V. Dellums Federal Building
1301 Clay Street, 280 South Tower
Oakland, CA 94612

David and Karen Gamow
Clarity Seminars
240 Monroe Drive #215
Mountain View, CA 94040

Dear David and Karen,

Thank you so much for your half-day presentation on “Breaking the Cycle of Stress” at our Annual Administrative Professionals’ Day. We had very little time to make this event happen, and relied on a strong recommendation from colleagues at the U.S. Department of Education to have you as one of the two main speakers for this full day event.

We did not know what to expect (we usually try to use only those presenters we have heard ourselves), but we, and our audience, were delightfully surprised. Our attendees reported being captivated from the start by your wonderful way of connecting deeply with an audience. The program was extremely engaging and powerful. Our Program Specialist planned to leave after the opening to return to the office, but she changed her plans to stay, and commented that it turned out to be one of the best events we've offered. Many attendees shared how helpful the training was, for both work and personal life. The evaluations showed very high ratings for your session—some of the highest we have ever received. For example, “This is the best all-day program I have ever attended and I have attended many. The speakers were fantastic. Thank you for making it happen!”

We also found your team very professional and easy to work with, especially since we approached you with a short lead-time to finalize details with our new audience and venue.

Your training was excellent and we would recommend it highly. We hope we have the opportunity to work together again someday.

Sincerely,

Francine Roby

Francine Roby
Executive Director
San Francisco Bay Area FEB



COMMANDER

*San Jose Police Department
Bureau of Administration - Training Division
1302 North Fourth Street
San Jose, CA 95112*

To whom it may concern:

I am a 25 year Police veteran and command the Training Division of the San Jose Police Department.

I have seen the negative effects of stress on many colleagues over the years, and so I was happy to offer the Gamow's seminar to a group of sworn and civilian members of our department. The response was overwhelmingly positive, with so many folks indicating that we needed to offer it again, to MORE Police employees.

Since the seminar, I have personally used the techniques many times and I have spoken with many of those who attended — all report success, greater calm through tumultuous situations and less stress when faced with otherwise overwhelming workloads. I strongly recommend their course to anyone.

Lt. Michael H. #2276
Commander, S.J.P.D. Training Division
408.501.0946



Department of Aviation
Airport Office Building
8500 Pena Boulevard
Denver, Colorado 80249

303.342.2200
www.FlyDenver.com

David and Karen Gamow
Clarity Seminars
240 Monroe Drive, #215
Mountain View, CA 94040

Dear David and Karen,

I just wanted to thank you for the two excellent trainings you provided for our staff. We were very pleased with the response, especially from our senior managers. They are under tremendous pressure from the heightened security needs we face since 9/11, and it has taken a toll on our people. Your program was a life-saver for all the participants, and provided techniques that people can immediately put to use as soon as they walk out of the classroom.

We opened up the training to everyone on staff, from maintenance people to top-level management, and had a great cross-section of participation.

Several senior managers who attended were very pleased with the program's practicality and effectiveness. They asked that this be made available to all our employees on an on-going basis. If the response to the last two trainings is any indication, there will be a full crowd again next time you come. We look forward to having you back again, soon.

Sincerely,

A handwritten signature in black ink that reads 'Mary Jo Snell'.

Mary Jo Snell
Human Resources Training Manager
Denver International Airport



San Mateo County Communications Managers Association

P.O. Box 5121, Belmont, CA 94002.
www.smccma.org FEIN 94-3020048

David & Karen Gamow
Clarity Seminars
240 Monroe Drive, #215
Mountain View, CA 94040

Dear David and Karen,

I can't tell you how appreciative we are that you were able to participate in our recent dispatch managers' retreat. I'm not surprised to see the positive results of the written evaluations. Many people approached me later in the day and the following morning to tell me how much they received from what you taught. Dispatchers, their managers, and supervisors are a unique group and face many stresses comparable to those of first-line responders. I think as a profession, we should be doing much more to support and address their cumulative stress. Your work just is the right balance of tools and techniques to help us move in that direction.

I highly recommend your program. Our work is challenging, and having the ability to react calmly in pressure situations is an invaluable skill. Your ability to not only show us how to do that, but motivate and inspire us to do it, is what makes your program so valuable.

I'm delighted that your course is on its way to being POST certified and look forward to it being available to a wider audience of dispatchers and supervisors as soon as possible.

Sincerely,

Brenda Velasquez
Communications Manager
South San Francisco Police Department

[Sent by email]

Testimonials

“Thank you for your excellent presentation. Yours was the most popular program of the thirty sessions offered at our annual Leadership Conference.”

—Colonel Chris Green, U.S. Army

“This was the first time we attempted any training of this type at our week-long Annual Fleet Administration Management Seminar, and my apprehension at trying it out on this no-nonsense crowd was great. However, about 60 seconds into your training, my apprehension disappeared along with my stress! Thank you for your lively and engaging training. We all found it very effective and enjoyable, and I recommend it highly.”

—Lieutenant Commander Todd A. Bridgeman, NOAA Deputy Chief of Operations, NOAA Marine Operations Center-Pacific

Thanks for an excellent training. People have been talking for weeks now about how much they benefitted from it. This is something we’ll want to offer on an ongoing basis, so more of our people can attend.

—Sue Dooley, Admissions Dir, Naval Postgraduate School

“Great material presented in a condensed format. Wonderful examples and stories illustrating the teaching points.”

—Bruce Morgan, DISA PAC Deputy Commander

“This program is pure genius. A “must-see” for anyone who wants to change their life for the better. Very warm speakers — open and easy to engage with. They really want to help their audience. Let them.”

—Mindy Ecenrode, Attorney, U.S. Army

“Our people are going through far more uncertainty and stress than any of us can remember, with the sequester and with a major military drawdown underway. I found you on the web and contacted several of your Naval clients, who gave you rave reviews. Even so, frankly, I was surprised at how positive the response was from this group. The vast majority of them rated it highly effective or effective, and nearly all recommended that it be presented to other Marines here on base. This was a very seasoned audience of long-time Marines and instructors themselves. They are a hard-boiled bunch, and not easily impressed. I am planning to recommend it up the line here.

—Anonymous, U.S. Marines training director

“Time well spent. It can change your life if you’re open to it.”

—Darren Dean, Master Resiliency Trainer and Air Force School Liaison Officer, U.S. Air Force

“This workshop was eye-opening and really made me think about how I deal with situations, and they affect me. I really enjoyed the program.”

—Katie Vespers, Master Resiliency Trainer, U.S. Air Force

“Karen and David’s stress and resiliency training received the highest accolades of the year from our Federal workforce. Feedback was immediate and powerful — a must attend training for professionals seeking to do their best work.”

—Joseph G. Schmitt, Director of Operations, National Debt Management Center, U.S. Dept of Veterans Affairs

“Very well-prepared and presented training.”

—Leonard Acosta, Superintendent, U.S. Air Force

“Extremely insightful on becoming more self-aware and not emotionally reacting to your circumstances. Loved the real-life situations as examples.”

—Song Lee, Command Operations Manager at AFIMSC Det 2, U.S. Air Force

“Amazing and empowering! So glad that I was able to attend. These life skills are needed by everyone. This is the type of training that all employees should have access to.”

—Andrea Ryan, Financial Management Analyst, U.S. Navy

“Excellent information and exercises.”

—Brandon Hockenberger, Master Resiliency Trainer U.S. Air Force

“Outstanding. Great examples to demonstrate instruction and techniques.”

—Robert Fisher, Chief, Resource Support Division, Defense Information Systems Agency Pacific (DISA PAC)

“Very informative and insightful. Meditation techniques will serve positively in both personal and professional experiences.”

—Marlon Abarca, Unit Education and Training Manager and Master Resiliency Trainer, U.S. Air Force

“It’s the stuff I’ve been struggling to explain to my coworkers whom I find too emotional; only it’s explained way better in this training. As I’ve been growing in rank, I’ve seen people who are genuinely ok with whatever happens. I think this is why.”

—Rene Aure, Master Resiliency Trainer, U.S. Air Force

“A much-needed and inspirational training session. Something everyone should experience.”

—Toni Allen, Deputy Executive Director, Honolulu Pacific Federal Executive Board

“Informative and enjoyable, with science behind it.”

—Greg Morris, Master Resiliency Trainer and IT Lead Instructor, U.S. Air Force

“This changed my perceptions of reality. Awesome program.”

—Glen Marumoto, Change Management Agent/Management Analyst, Department of Veteran’s Affairs



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Mountain View, CA 94040

David & Karen Gamow
(650) 917-1186 • *david or karen@clarityseminars.com*

Course outline

*This outline is for a complete 3.5 hour training.
The course can be taught in a shorter period, but this is the
most effective length for retention and participation.*

- 0:00-1:20 Part 1: Physiology**
Brief overview
Scientific research on stress, and benefits of what participants will learn today
Guided practice session
Q & A on techniques
- 1:20-1:30 Break*
- 1:30-2:35 Part 2: Cognitive skills for resiliency: Self-mastery in daily life**
Commonly held perceptions that dramatically increase negative responses,
 such as anger, fear, or stress
Becoming aware of habitual reactions that derail our effectiveness
Learning to step back: how to move into seeing the bigger picture before reaction
A 4-step process developed by a Harvard M.D. for learning how to choose
 our responses consciously, even under high-stress conditions.
Exploring real-life applications in work and life
(voluntary classroom participation, not role-play)
- 2:35-2:45 Break*
- 2:45-3:20 Part 3: Physiology**
Guided practice session
 (two additional techniques, and full-practice, shortened version)
Detailed: cognitive and physiological benefits of each of the techniques
- 3:20-3:30 Closing**
Closing Q & A/Evaluations

Handouts: Clinical research
Guided breathing, relaxation, and meditation techniques (CD)
Benefits and applications of techniques
In the heat of battle: cognitive skills for self-mastery under pressure



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*David & Karen Gamow
(650) 917-1186 • david@clarityseminars.com*

Fee Schedule

3.5 hour seminar	\$2,400	San Francisco Bay Area
Price is significantly less if we are already in your area training. Please call for details.	\$4,200	West Coast or AZ
	\$5,700	Midwest
	\$6,400	East Coast

Price is all-inclusive: includes 2 trainers, travel (air, hotel, car) and materials

Additional notes:

Recommended maximum is 35 participants.

More people can be included if needed.

Shorter program lengths are possible; pricing is the same.