

MARTIAL ARTS FOR THE MIND

Stress Management Skills for Peak Performance

also titled Breaking the Cycle of Stress

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training, also used at NASA, is at the cutting edge of stress reduction. It provides a combination of cognitive training for getting at the root causes of stress, along with powerful breathing and relaxation techniques. These methods have been clinically proven at Harvard and MIT to reduce blood pressure, alleviate chronic pain, overcome insomnia, and increase mental focus.

Incorporate powerful changes in attitude into your life, along with easy-to-learn techniques that will greatly reduce your stress. Participants will learn how to:

- Understand and communicate more effectively with difficult co-workers.
- Manage challenging work situations 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 significant relief from chronic pain.
- Enhance your personal productivity. Focus the mind where you want it to go, to achieve results more quickly and effectively.



David and Karen Gamow

David and Karen Gamow have personally trained over 20,000 people in these methods. Authors of *Freedom from Stress*, their work has been featured in the *Investor's Business Daily*, *San Jose Mercury News*, *Gannett News*, and on FOX-TV News. Managers report increased productivity many months after training in extremely high-stress occupations, including mobilizing Army Reserve forces for combat. Participants with headaches or back pain report their pain gone or greatly diminished by the end of a single session. Their presentations consistently draw top ratings, helping people from all walks of life to experience greater health and freedom from stress.

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

"The Gamows' training is excellent – critical for working effectively with the public, handling the constant stress of security work, and making sure our employees can leave those stresses at work when they go home to their families."
– Lt. William Bonifacio, Training Manager,
San Mateo County Sheriff's Department, CA

◆
"This is the best stress management program we've ever offered in my 20 years at NASA."
– M. Glazer, Programs Manager,
Ames Research Center, NASA

◆
"The response was overwhelmingly positive with so many folks indicating that we needed to offer it again. I strongly recommend their course to anyone."
– Lt. Michael Hahn, Commander, Training
Division, San Jose Police Department

—Clients include—

NASA • U.S. Army
San Jose Police Department
Social Security Administration
The Gap • Yahoo! • Nokia
Stanford School of Medicine
Juniper Networks • GE
911 Dispatchers
Denver International Airport
San Francisco Police Academy
San Mateo Sheriff's Department



Lt. Michael Hahn #2276

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 Hahn #2276
Commander, S.J.P.D. Training Division
(received via email)

SAN MATEO COUNTY SHERIFF'S OFFICE TRAINING UNIT

Bill Bonifacio, Training Manager

Training Bureau

500 Allerton St

Redwood City, CA 94063

(650)363-4507 Fax: (650)367-8071



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

To whom it may concern:

On behalf of the San Mateo County Sheriff's Office, I would like to express my thanks for bringing your seminar to our staff.

The training is excellent, and well-designed for police and public safety officers. We received very high ratings from what is usually a very hard-to-please audience. In fact, the response was so positive, two of our senior managers considered that this program be provided to the entire office. The professional and personal skills the Gamows teach are critical for working effectively with the public, handling the constant stress of police work, and making sure our employees can leave those stresses at work when they go home to their families. I highly recommend the Gamows' training to other police and public safety departments.

Sincerely,

William Bonifacio
Training Manager
(received via email)



FORT BRAGG POLICE DEPARTMENT

250 Cypress Street
Fort Bragg, CA 95437-5437

MARK PUTHUFF
Chief of Police

(707) 961-2800
Fax: (707) 961-2806

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

Dear David and Karen,

Thank you for the excellent "Martial Arts for the Mind" stress training you conducted for our officers and staff.

Our department has been through a year-long training process and redefinition of our mission and how we work together. This kind of change can be profound, but also challenging. As it turned out, your program was just what I was looking for. It was ideal for supporting our new directions – especially taking responsibility for our behaviors and reactions, gaining mastery over mind, emotions, and body, increasing our awareness of the realities of others, and making good decisions under pressure.

You connected very well with the officers. They were engaged and involved, and afterwards, gave this training high ratings. That's no easy achievement with a police audience.

The skills you teach are critical for success in work and in life. I recommend your work highly to other police and public safety departments.

Sincerely,

A handwritten signature in blue ink, appearing to read "Mark Puthuff".

Mark Puthuff
Chief of Police



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,

[Sent by email]

Brenda Velasquez
Communications Manager
South San Francisco Police Department



SUNNYVALE DEPARTMENT OF PUBLIC SAFETY
700 ALL AMERICA WAY
SUNNYVALE, CA 94088

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

Dear David and Karen,

I would like to thank you for presenting your Martial Arts for the Mind program. I believe our officers have truly benefitted from the training.

Police officers tend to be a tough audience, but our officers responded well and actively participated. Some even came back later and commented on how the technique actually helped with their insomnia.

The reviews immediately after the class, and later in a formal survey, were all positive. Stress is a major contributor to illnesses and death amongst officers. Because of your training, our officers now have a practical approach easily at hand.

Thank you,

A handwritten signature in black ink, appearing to read "Don Johnson".

Don Johnson, Chief

**OFFICE
OF
THE CHIEF**

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(408) 730-7161



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. Of course, I can be reached at (415) 968-1696, ext 202.

Sincerely,

A handwritten signature in black ink, appearing to read "C. Palmer Jr.".

CHARLES R. PALMER JR.
Supervisory Staff
Administrator

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

Additional Testimonials

A sampling from sponsors and participants about Clarity Seminars' Stress Management Training

One of the best seminars I have ever attended. It has made a huge difference in my life, as well as a **tremendous positive impact on my performance** in a highly stressful work environment.

—Becky Stokes, Manager
Sun Microsystems

Thank you for delivering a great program to our employees. I must admit, I was skeptical about how these techniques would benefit me once my busy day began, but I have been happily surprised. I have felt **noticeably more relaxed, focused, and effective at work**. I also find that I have **increased clarity**, enabling me to be more proactive and strategic when challenges at work arise.”

—Teresa Agustin, Learning &
Development Manager, Yahoo! Inc.

My doctor ordered me to take this course. **My perceptions have changed completely in just four weeks**. I'm able to handle so much more than I used to, with much less stress and anger.

—Craig M., Manager, 3Com

I have had a great deal of trouble falling asleep; my mind is racing all the time. Since your program, I've been able to fall asleep immediately, and sleep all the way through the night again. **What a difference it makes at work.**

—Linda S., small business owner

We have seen an immediate benefit from your seminar. People who have completed the program have seen and felt a difference in their professional and personal lives. We are eager to have more employees attend and apply the techniques. Thanks for a wonderful and well received program!

—Tony Deblauwe, Director of Human
Resources, Nokia Northern California

Of the more than 20 management training programs Kimpton offered last year, your seminar was ranked highest by our employees. **We believe we have better leaders now** as a result of it: more balanced, more relaxed, and less overworked.

—Niki Leondakis, Vice President
Kimpton Hotels

The response to your program has been so enthusiastic, our company president asked to join in on last week's session. But there was an additional benefit I hadn't anticipated. Employees were surprised and gratified that the company offered training for them, personally. It wasn't just technical/job skills training. It was also help for them as human beings. Management was pleased that people responded so positively, because **we want to show how much we value our people.** Thank you.

—Lisa Vere, HR Manager
Rosendin Electric

The most exciting new thing I have learned in a long time. Wonderful and very useful information made very interesting and humorous. Exercises were incredible.

—Nancy Outenreath, Oncology Nurse

It's very hard to characterize this class. It's foundational for a wide variety of subjects: Customer Service, Coping with Difficult People, Reducing Stress, and more. It contains solid information about relaxation, stress, coping and ultimately taking personal responsibility for changing those things we can change. **Great, great class. I highly recommend the Gamows' training.**

—Diane Flannigan, Training Manager,
Coldwell Banker

Frankly, we have not had much success with previous stress management trainers. But your program has been markedly different. You've done more than a dozen highly successful training sessions so far for us. **We are glad to have found you, as it has filled a long-standing gap in our training.** Working with you has been a pleasure.

—Jennifer Parker, Training Coordinator,
Wilson Sonsini Goodrich & Rosati

We offer programs regularly to employees, but they are often more “talk” than techniques and tools. **Your training was full of hands-on techniques that people can take back to the office and apply in their lives—with noticeable results.** I've gotten very positive feedback for employees. I highly recommend your program. This training is needed here in Silicon Valley, and it works!

—Angela Lepore
Benefits Administrator, Oral-B

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.**

—Erin M. Smith, Training Coordinator
Stanford Linear Accelerator Center

I have never seen such a positive response to a program. Many people afterwards said things like: “the best seminar I have ever attended” — “powerful” — “life-changing”. **Honestly, the testimonials don't begin to describe the power and effectiveness of your program.**

—Kaylene Riggs, Director of Sales,
Tenaya Lodge at Yosemite

What I didn't tell you (I didn't want to raise *your* stress level) was that the group of sixty managers you were about to train were all veteran educators who definitely have a "show me" attitude when it comes to staff development — a very tough audience. Well, the reviews are in and you guys were an absolute hit — **the single highest rated program we have ever had.** Many participants told me that it was the most valuable training they had ever experienced.

—Tom Fitzpatrick,
Assistant to the Superintendent
San Mateo County Office of Education

You have no idea what taking your class has done for me. The **shoulder pain I have had for three months is almost gone.** Thank you so much.

Sharon B., Stanford University

This is a high-stress environment, and your training has been a great help in accomplishing what we need to get done here. 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.** I recommend your work highly.

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

We've been going through a very stressful downsizing. After your program, we hired a placement company to help staff find jobs. The counselor called me with surprise and said, "Usually people are worried about the changes awaiting them. Your people have been calm and collected, even laughing and enjoying the process. Why?" I attribute it largely to the success of your program. **It has been invaluable for our people in dealing with the changes that have taken place.** Thank you!

—Jennifer Rieble, Training Director,
Burns Philp Corporation

It has been a high priority for me, personally, to bring these skills to our people; it's something I wish I had learned earlier in my career. **Your program is excellent and high-energy,** designed to meet the needs of the most demanding hotel professional.

—Bruce Carpenter, General Manager,
Westin Santa Clara

I feel different—more relaxed, more in control. This program has been a powerful experience.

—Astrid Terlep, Administrator, NASA

95% of participants rated the program as *excellent*. The skills and techniques that you shared will be an invaluable asset to supporting our health care mission.

—Dani Walter, MPH, Integrative
Medicine Coordinator
St. Anthony's Hospital, St. Pete, FL

This was one of our most successful programs; seventy people attended. Everyone is asking me when you can come back for more.

—Carol Montgomery, HR Manager
Maxtor

I've had chronic neck pain for many years, and work in a very stressful environment. Yet, after practicing these techniques for only a short time, **my neck pain is almost completely gone.**

—Emma Ybarra, Printer,
Mountain View, CA

Looking at people's faces afterwards, I could tell they were very pleased with the program. One of the people I was hoping would benefit the most is doing the exercises every day. **He is getting along better with his colleagues. I see real improvement in his behavior.**

—HR director (Anonymous)

I enjoyed your program immensely. This program is excellent for people on the bench. I've thought long and deeply about how to respond to the people who appear in my courtroom, given their frustrations, lack of respect for authority, and the necessity to be both understanding and strong. Thanks again for the important information you've provided. I intend to implement all of the tools in my professional and personal life.

—A judge (anonymous as required by law)

We needed this program. It couldn't have come at a better time.

It had a powerful effect on a number of our people who are experiencing extremely challenging situations — divorce, caring for aging parents, serious illness — on top of the demands of managing a busy conference hotel with more business than usual. Just looking into the faces of these people, I could see immediate benefit from the techniques you taught.

—Chrissie Plock
Director Human Resources
Hilton Tampa Westshore, FL

I practice the guided exercises with your CD every other day, and find it very helpful. It's terrific reinforcement.

—Jeff Ing, Sales Manager, Oracle

I just want to say thank you! The techniques you teach are wonderful. I have gained so much control over areas of my life that I always felt I had very little control over. I just experienced, hands down, the best interview of my life. I was offered the job I have wanted, but never had the courage to apply for until now. This experience has given me confidence and a positive perspective. **I'm amazed at how just a few hours of your program changed my life in such dramatic ways.**

—Kellie. W., NASA



**CLARITY
SEMINARS**

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David and Karen Gamow
Trainers & Conference Speakers

Course Outline

Breaking the Cycle of Stress

*Please note: This outline is for a four-hour training, with an optional two-hour follow-up.
This training is also available in a single 4-hour session or a 3 hour session.*

Hour 1

Introduction
Goals and objectives of the seminar
Stress points in participants' lives (write on board)
What is stress?
Health impacts of prolonged stress
Scientific research on benefits of relaxation and meditation in reducing stress
Guided practice session

Hour 2

Q & A on exercises
How to make relaxation techniques a daily habit
Mind/body approaches to healing stress

Hour 2.5

Commonly held misperceptions that dramatically increase stress
The culprit: unconscious, habitual reactions
How never to be out of control again: choosing instead of reacting
A 4-step process developed by a Harvard M.D. for controlling our reactions
Learning to step back: tips for seeing the bigger picture
Martial arts for the mind: discipline, focus, effectiveness, speed, and calm
Productivity unleashed: how mental clarity cuts projects into minutes that formerly might have taken hours or days to complete

Hour 4

Guided practice session
Breaking the stress habit in the heat of battle—work and family stresses
Participants discuss or role-play every-day challenges
Closing/homework/evaluations

Follow-up session (Optional, and ideally one week later)

Practical applications—open discussion of experiences since first session
Learning to step back: tips for seeing the bigger picture
Guided practice session
Closing/wrap-up/long-term homework

Handouts: *Practical hints for establishing a daily routine*
Guided relaxation and meditation exercises on CD
Meditation and relaxation written instructions
A survey of recent research on meditation and stress



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SEMINARS**

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David and Karen Gamow
Trainers & Conference Speakers

Fee Schedule

Breaking the Cycle of Stress

also titled

Martial Arts for the Mind: Stress Management Skills for Peak Performance

2 to 4 hour seminar	\$2,100
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Ideal program length is 3.5 to 4 hours

Suggested 2-hour follow-up	\$1,200
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One to two weeks later

A follow-up session is helpful for attendees, allowing them to ask questions based on experiences since the training. A brief review helps deepen understanding and application of ideas.

These rates are for the training session, and not per person. The ideal class size is 8 to 30 participants.

All handouts and guided practices on CD are included for up to 30 participants.

For conference keynotes, break-out sessions, or programs requiring an overnight stay, please call for pricing.