

BREAKING THE CYCLE OF STRESS

Skills for Peak Performance & Effectiveness

Also titled: "Martial Arts for the Mind" or "Stress & Resiliency Skills for the Workplace"

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This resiliency 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, relaxation, and meditation techniques. These methods have been clinically proven at Harvard and MIT to reduce blood pressure, relieve chronic pain and insomnia, and increase mental focus.

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

- Manage challenging work situations with greater calmness and clarity of mind
- Understand and communicate more effectively with difficult colleagues
- Dramatically reduce stress with clinically-proven-breathing and relaxation techniques
- Achieve significant relief from chronic pain, high blood pressure, and insomnia
- Increase mental focus and productivity amidst 24/7 hyperconnectivity and distractions



David and Karen Gamow

"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 Reserves

"You did a terrific job at our annual conference. They loved everything you taught them. As a meeting planner, I especially enjoyed working with you. Your dedication to the conference's success went above and beyond the role of conference speakers. The result was a phenomenal event that went smoothly and was a huge success. Thank you so much."

—Elizabeth Macisco, Event Director
Washoe Health Systems

"Bank examiners are tough graders, but their reviews were very positive. This was the most popular workshop at our annual conference."

—Sherri Stieg, Assistant Director, Office of Thrift Supervision, U.S. Department of the Treasury

—Clients include—

NASA • Citrix • Intuit • Altera
Juniper Networks • Nokia
GE Healthcare • U.S. Navy
Stanford University Medical School
Plantronics • Gilead • Adobe
Social Security Administration
American Heart Association
United Nations • U.S. Forest Service

David and Karen Gamow are two of the leading corporate stress and meditation 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. For years, 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*.

Stress & Resiliency Training

for conferences, retreats, and off-site meetings

"Bank examiners are tough graders, but their reviews of this workshop were very positive. The Gamows' training was the most popular workshop at our annual conference."

—*Sherri Stieg, Assistant Director
Office of Thrift Supervision
U.S. Department of Treasury*

"Your session was one of the most highly-rated at our national conference. 100% of the nearly 200 participants recommended you come back and train for future conferences."

—*Pam Stong, Director
of ALA Professional Development
Association of Legal Administrators*

"You did a terrific job at our 4th annual conference. As a meeting planner, I especially enjoyed working with you. Your dedication to the conference's success went above and beyond the role of speakers. The result was a phenomenal event that went smoothly and was a huge success. Thank you so much."

—*Elizabeth Macisco, Event Director
Washoe Health Systems, Reno, NV*

"Yours was the most popular program of the thirty offered at our annual Leadership Conference. Thank you for an excellent presentation."

—*Colonel Chris Green
Conference Organizer, U.S. Army
6045 Garrison Support Unit*

"I have worked with hundreds of trainers throughout the world. Your presentation is definitely in the top 10% of what I have ever experienced. So many programs are PowerPoint presentations describing a topic. Yours really motivates and changes people. Your enthusiasm shines through what you do and the effect is dramatic."

—*Robert Cancalosi, Chief
Learning Officer, Global Human
Resources, GE Healthcare*

The Gamows' stress and resiliency training sessions are ideal when you wish to motivate and inspire your people, or reward a group for outstanding performance. Employees and managers express deep gratitude, not only for the life-changing ideas shared, but to the company that thinks highly enough of its people to provide programs that benefit them both professionally and personally.

"If my previous company had shown this level of interest in my development as a manager and as a person, I never would have left."

—Anonymous (4-star hotel manager in San Francisco)

The ideal length is a three-and-a-half hour session. We can say from many years of experience that your group will consider this program one of the most meaningful and personally helpful trainings they have ever attended. The most frequent comments you'll hear afterwards from attendees:

"Thank you!"

"Life-changing."

"The most useful training I have ever had."

"The best 4 hours I've ever spent."

"The best training at this conference."

"This shows how much management values its employees."

"The time flew by."

"Highly motivating. I can't wait to apply these ideas."

"My headache (or other physical pain) is gone!"

"This has been a powerful experience."

"Too short!"

Conferences and retreats where the Gamows have presented this training:

Association of Legal Administrators
37th Annual National Conference
Seattle, WA

NASA Leading Through Influence (LTI)
NASA Training Center, Wallops Flight Facility, VA

GE Healthcare
International Management Development Training
GE Healthcare Institute, Waukesha, WI

"David Gamow and his wife, Karen, have trained thousands of people in the high-stress world of Silicon Valley. It's not surprising that companies are discovering the benefits of meditation in helping their work forces to better handle stress."

-Investor's Business Daily

"Of the more than 20 professional programs Kimpton Hotels offered last year, your training was ranked highest by our managers. We believe we have better managers and leaders now as a result of them feeling more balanced, more relaxed, and less overworked."

*—Niki Leandakis, Vice President
Kimpton Hotel and Restaurants
San Francisco*

"The group of 60 managers you trained are all veteran educators who have a definite "show me" attitude when it comes to staff development. They do staff development for a living...a very tough audience. Well, the reviews are in and you guys were an absolute hit. Yours was the highest rated workshop we've ever had. Many participants told me it was the most valuable training they had ever experienced."

*—Tom Fitzpatrick
Asst. to the Superintendent
San Mateo County Office of Education*

Your program for our annual conference was extremely engaging, helpful and effective. It's a perfect program for an off-site meeting. You are performing a great service.

*—Gina Thomas, Chief Information
Office Branch Conference
U.S. Forest Service*

"Thank you for presenting at our annual educational conference this year. It was a *terrific* program. People were buzzing about the ideas you shared for a long time afterward. You have a wonderful way of connecting meaningfully with your audience. Anyone would benefit greatly from your program."

*—Karin Wiborn, Ex. Director
Archer Norris, East Bay ALA*

Adobe Systems
International Legal Conference
San Jose, CA

Social Security Administration (SSA)
Leadership Symposiums
SSA Regions: Ft. Lauderdale, FL; New York City; Albuquerque

U.S. Department of the Treasury
Office of Thrift Supervision
Western Region Annual Conference, La Jolla Marriott, CA
Midwestern Regional Annual Conference, St. Louis, MO

Yahoo!
Annual Sales Conference
De Anza Hotel, San Jose, CA

**California Family Support Services &
California District Attorneys**
Annual Conference
Riviera Resort, Palm Springs, CA

U.S. Forest Service
Information Office/Business & Investment Branch Conference
Grand Sierra Resort, Reno, NV

Sutter Health Systems
Annual Patient Caregivers' Symposium
Hilton Arden West, Sacramento, CA

Stanford University School of Medicine
Management Staff Retreat
Hidden Villa, Los Altos Hills, CA

Illinois Association of School Business Officials (ASBO)
Oak Brook Hills Resort, Oak Brook, IL

HMC Architects
Annual Leadership Conference
The Parker Hotel, Palm Springs, CA

District Court of Pierce County
Annual Employee Recognition Retreat
Tacoma, WA

U.S. Army
Leadership Conference
6054th GSU (Garrison Support Unit)
Oakland Naval Base



CLARITY SEMINARS

www.clarityseminars.com
240 Monroe Drive, Suite 215
Mountain View, CA 94040

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

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 lecture portion includes humor and motivational periods, and is characterized by participants as engaging and fast-paced. The program is both entertaining and challenging, with the often-achieved 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.



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

Dear David & Karen,

Thanks so much for your recent trainings at our San Francisco and Fort Lauderdale offices.

The techniques and skills you share are very effective and beneficial. As you know, we work in a fast-paced, fast-changing business environment. I believe that these are critical skills for achieving our goals with greater clarity of mind, without losing our sense of humor or our health along the way.

The feedback I've received from the participants was equally positive and reiterates my comments above. While it has been some time now since I attended the pilot session you provided, I can add from my own personal experience that I am able to deal more effectively with difficult situations and people, as well as with my always substantial workload.

We have a savvy audience when it comes to training, having hosted some of the most noted speakers and authors in the country, and I heard from several participants that your presentation was one of the best they'd experienced.

I highly recommend your training. We look forward to bringing these benefits to more employees throughout the country this fall and in the future.

Sincerely,

A handwritten signature in black ink, appearing to read "Jeff Faselow".

Jeff Faselow, Manager
Learning & Development
CBS Interactive



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



Western States Affiliate

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Burlingame, CA 94010
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Fax 650 259 6891
www.heart.org

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

Dear David and Karen:

Thank you for presenting at our Western States Affiliate's Executive Team annual planning session in July. What a pleasure it was to learn from the two of you and benefit from the concepts and techniques you have mastered in effectively managing stress. The feedback on your session has been very positive and, as one of our tenured senior staff members shared, this was the best session she has participated in during her 20 years in terms of personal and professional impact.

There was spirited audience participation, which we very much appreciated. I also appreciated how willing you were to help our people gain insights, and to patiently listen to and answer their questions.

We have been working on accelerating progress in shaping an even greater level of personal and shared accountability aligned with the results we are committed to achieving as an organization. We know that we have the talent, desire and capabilities across our organization. What we were most hoping to gain from your session was what you provided us — the critical dimension of *how* to actually make the kinds of personal changes we need to become more effective managers and leaders. It was perfect for equipping our team with the hands-on tools for gaining greater control over our reactive process and how to choose appropriate responses when under high levels of stress. You provided helpful insights into how to bring the best out of ourselves — and our staff and volunteers. Many people commented to me afterward that this was something they very much appreciated and that it came at just the right time for us.

You were a pleasure to work with as presenters. With a last minute room re-arrangement, you were calm and cheerful, and put me at ease. It was a happy sign that you practice what you preach. I highly recommend this training for any group serious about helping their managers become better leaders. These are essential tools for work, and for life.

Sincerely,

Sheree Chiang
Senior Vice President, Human Resources



Hyatt Sainte Claire
Downtown San Jose
302 S. Market Street
San Jose, CA 95113 USA

Telephone: 408.298.1234
Fax: 408.977.0403

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 your excellent training. It was riveting and highly motivational. In fact, it was the best stress-management program we've ever offered. Most programs are heavy on theory and talk, and light on practical tools. Yours was just the opposite. Your training was much more than stress-management. The skills you gave our managers will enable them to communicate much more sensitively with others, and to better manage their teams.

Your program is ideal for helping us retain our valuable managers, and save them from burnout or job dissatisfaction. It provided our people with invaluable skills to manage their workloads and their staff effectively. Thank you for helping us communicate our support for our managers' personal and professional development.

I recommend your training highly.

Sincerely,

A handwritten signature in blue ink, appearing to read "M. Hyde", written over a light blue circular background.

Mark W. Hyde
Hyatt San Jose
Director of Human Resources

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".

Miriam Glazer, MA,
MPH Health Programs Manager

*Six consecutive years on Fortune Magazine's
"The 100 Best Places to Work For" List*



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

Dear David & Karen,

The response from our employees to your training has been extremely positive. When we first announced your training at our headquarters, two sessions filled up so quickly, we needed to add another, and yet another in just 24 hours.

Your program is excellent. Several people commented that it was the best training they had ever experienced, anywhere. I have heard many individuals share that this session was potentially life changing for them. People are using the ideas shared to communicate more carefully and thoughtfully with others, and to focus more effectively at work.

The reviews were strong enough that we decided to make this program available to our other offices. Our Menlo Park office administrator reported afterwards, "I heard rave reviews about this program from our Seattle office, and that caught my attention. But I've seen a lot of training over the years, and had my doubts. Seeing it for myself, I have to say, it greatly exceeded my expectations. You really connected with our staff."

Thank you for being a part of our training offerings. We look forward to bringing these programs to more of our staff.

Sincerely,

A handwritten signature in blue ink that reads "Tracy Laurie".

Tracy Laurie
Staff Training & Development Manager

99999-9819/ADMIN30471154.1

ANCHORAGE · BEIJING · BELLEVUE · BOISE · CHICAGO · DENVER · LOS ANGELES · MENLO PARK
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STANFORD UNIVERSITY SCHOOL OF MEDICINE

Stanford University Medical Center

Human Resource Group

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

Dear David and Karen,

I am writing to let you know that I have heard excellent reviews of your three-hour stress management seminar, *Breaking the Cycle of Stress*, which you conducted yesterday for 14 of our Directors of Finance and Administration and senior management staff. They commented that it was “fabulous” and the fastest 3 hours they had ever spent. I heard some remarkable reports of the benefits people experienced.

Due to the excellent feedback, we would like to have you return for an encore presentation. We have also received an inquiry about doing a session for one of our other departments.

One of the participants wrote:

“I couldn’t wait to tell you how much I appreciated the workshop. I am never able to sit in a chair for long due to my bad back. Yet, I had absolutely no trouble sitting the entire three hours without even a hint of being uncomfortable (which I am 99.99% of the time). Another positive outcome is that I have done the guided exercises 5 days in a row and am seeing tremendous ongoing benefits [in both pain relief and communicating more effectively with others]. I can’t begin to thank you enough for the workshop and all that I learned and gained from it. The benefits are incredible. Meeting these presenters has changed life dramatically for me in so many ways and in such a short time.”

Thank you so much for the wonderful experience you provided for our administrators, and for providing a very useful, worthwhile training session for our professional staff. They not only found it informative, they are very enthusiastic about incorporating the techniques they learned into their everyday work life.

Sincerely,

A handwritten signature in cursive script that reads "Cori".

Cori Bossenberry
Director
Human Resource Group



Treasury Executive Institute

U.S. Department of the Treasury
801 Ninth St. NW
Washington, DC 20002

Lynne Feingold, Executive Program Officer
lynne.feingold@do.treas.gov
(202) 622-9322

Training program

Stress Management Skills for Leaders: Martial Arts for the Mind
November 18, 2009

SES'ers attended this session from:

Department of Homeland Security
Internal Revenue Service
Secret Service
Bureau of Alcohol, Tobacco, & Firearms
US Geological Survey
U.S. Department of the Treasury
U.S. Department of Health & Human Services

Evaluation summary

Overall reaction to presenter:

Excellent: 21 (5 on a scale of 1-5)
Very good: 4 (4 on a scale of 1-5)

Overall reaction to program:

Excellent: 20 (5 on a scale of 1-5)
Very good: 5 (4 on a scale of 1-5)



*37th Annual Educational Conference and Exposition
Seattle, WA*

GM33 Break the Cycle of Stress: Skills for Health and Peak Performance

Speaker: David and Karen Gamow

Date: Wednesday, May 07, 2008

Time: 2:15 PM - 3:30 PM

Attendees: 160

Responses: 148

1. The presenter demonstrated mastery of the topic..... 6.91
2. The presentation was well organized..... 6.87
3. The content was interesting to me..... 6.84
4. My learning objectives for this course were addressed..... 6.77
5. I gained new insight relevant to my work..... 6.68
6. The difficulty level of this presentation was appropriate..... 6.80
7. The handouts appropriately supported the presentation..... 6.53
8. The visual aids appropriately supported the presentation..... 6.51
9. Presenter made good use of allotted time..... 6.84
10. The conference brochure described the course adequately..... 6.79

Total conference average was: 6.05

(Out of a possible 7)

Overall Rating: 6.75

11. Presenter and topic were excellent..... 6.88
-

	<u>Yes</u>	<u>No</u>	<u>No Answer</u>
12. The length of the course was appropriate.....	97.3%	2.7%	1.4%
13. The facilities for this presentation were satisfactory.....	90.4%	9.6%	1.4%
14. Presentation was adequately detailed.....	99.3%	0.7%	1.4%
15. Presentation was relevant to my profession.....	99.3%	0.7%	0.7%
16. I would recommend this speaker(s) for future conferences	100.0%	0.0%	2.8%

Dear David & Karen,

Your session was one of the most highly rated! Thank you to you and David for all of your work. As such a highly rated speaker, we will definitely keep you mind for future events. Thank you again.

Pam Stong, Director of Professional Development
Association of Legal Administrators

Additional Testimonials

“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, President/COO, Kimpton Hotels*

“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*

“We all are in agreement that this is one of the best training sessions anyone of us have taken at Stanford (or anywhere else, for that matter).”

—*David Silberman, Director, Health & Safety Programs, Stanford School of Medicine*

“Thumbs up. I wish I had seen this 30 years ago. I have 200 top executives under me, and 1200 mid-level managers under them, and I’d like everyone to take this.”

—*Pete Kutras, Director, Office of the County Executive, Santa Clara County, CA*

“A+. This program provided tremendous new insight in how to recognize and eliminate stress. Life will improve if you practice the techniques learned today. I know I will.”

—*Mark McDonald, (former) President Hitachi Instruments*

“On behalf of the DOE and 12 other federal agencies who sent senior executives to your presentation, I would like to thank and commend you for a very well-executed program. I am still receiving feedback from participants about how much they benefitted from the techniques and strategies presented.”

—*David Rosenmarkle, Executive Learning & Development, U.S. Department of Energy*

“Our employees include 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. Shatara, Training Coordinator Stanford Linear Accelerator*

“I have worked with hundreds of the finest trainers throughout the world. Your presentation is definitely in the top 10% of what I have seen. So many programs are Power Point presentations describing a topic, whereas yours really motivates and changes people. Your enthusiasm shines through what you do and the effect is dramatic.”

—*Robert Cancelosi, Global Chief Learning Officer Human Resources, GE Healthcare*

“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 stress, coping and ultimately taking personal responsibility. Great, great class. I highly recommend the Gamows’ training.”

—*Diane Flannigan, Training Manager Coldwell Banker*

“Thank you for presenting at our chapter’s annual educational conference this year. It was a terrific program. The evaluations were all excellent, and people were buzzing about the ideas you shared for a long time afterward. You have a wonderful way of connecting meaningfully with your audience. Anyone working in a law firm (or any other high stress workplace) would benefit greatly from your program.”

—*Karin Wiborn, Executive Director, Archer Norris, East Bay Association of Legaa Administrators*

“Your program is excellent. I am very pleased to find a program of such quality to meet our needs, and am hopeful that you can present this training to our CEO members throughout the U.S.”

—*Wendy Beecham, Meeting Coordinator, Vistage (provide coaching for senior executives)*

“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 Y, NASA*

“People owe it to themselves, their co-workers, and their loved ones to acquire these skills. Practicing them would transform any workplace — and people’s lives — for the better.”

—*Pam Delnevo, Director, Training and Development Morrison & Foerster (law firm)*



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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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(650) 917-1186 • *david@clarityseminars.com*

Fee Schedule

3.5 hour seminar	\$2,800
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*Local rate for San Francisco/Silicon Valley area conferences.
For programs requiring an overnight stay, large groups, or multiple programs, please call for pricing.

Additional notes:

Shorter program lengths are possible; pricing is the same

- 3.5 to 4 hours is the recommended length
- 2.5 is a good alternative if a shorter session is necessary

Rates are for the training session, and not per person

All handouts and CDs are included

Session is best done in the morning when possible