



David &
Karen
Gamow



"It's pretty amazing how this program can change your thought process in just a few hours. It was by far the most relevant and eye-opening training in my 20 year career with the NPS."

—Mark Norbey, Program Manager, Glacier National Park, National Park Service

"An extremely engaging and powerful program. We were captivated by your wonderful way of connecting deeply with our people."

—Francine Roby, Director
San Francisco Federal Executive Board

"Helpful, not only in terms of how to deal with people who stress you out, but especially on how you handle yourself, so you don't let the slings, arrows, and other misfortunes that others may sling your way get you down. It was rather liberating, in fact."

—John Lom, Deputy Chief Counsel
Department of the Treasury

"Your training is about much more than stress. Frankly, it's transformational. It has helped us be more solution-oriented, positive, and self-acceptant. It's more about 'life management' than stress management. It's important to me to bring these skills to our staff."

—Gerardo Pedrego, Civil Engineer
U.S. Forest Service, AZ

"With all the drama in the world, we all need a little more calm. We can use all the help we can get to stay calm in the midst of crisis. A terrific experience."

—Bridget Serchak, Manager
National Transportation Safety Board

Martial Arts for the Mind

Stress & Resilience Skills

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training provides physiological 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 and enhance performance under pressure. Learn how to stop the stress response before it arises, and to find effective ways to release it once present. Learn how to:

- Understand and communicate more sensitively with others without denying or sacrificing your own feelings
- Manage challenging work situations with greater calm and clarity of mind
- Release stress with clinically-proven relaxation, breathing, and meditation techniques that can be done in just a few moments
- Achieve significant relief from chronic pain, insomnia, and high blood pressure, among many other health conditions
- Increase focus amid 24/7 hyper-connectivity and distractions

ON-SITE TRAINING

3 hours (shorter lengths possible)

Cost: \$2,400 San Francisco area
\$4,200 Western States | \$5,700 Midwest
\$6,400 East Coast, Hawaii, Alaska
\$2,800 Each additional training

VIRTUAL TRAINING

90 minutes

Cost: \$2,100 up to 50 people
\$2,400: 50-100 | \$3,000 for 150
\$3,500 for 200 | \$4,000 for 300

David and Karen Gamow have trained over 35,000 employees for clients including NASA, NOAA, National Park Service, U.S. Department of Justice, Department of the Treasury, Forest Service, DOE, and the U.S. Navy. For years their training has been an integral part of leadership training intensives for GE, NASA, and the Social Security Administration. They have spoken about stress on behalf of the American Heart Association. Authors of *Freedom from Stress*, their work has been featured in *Investor's Business Daily*, *Huffington Post*, and *Money Magazine*.

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Our instructional strategy

The training is a combination of lecture, experiential activity, 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 is engaging, humorous, and sometimes challenging. The goal is a significant shift in understanding.

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 and naturally 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 learn how 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.

Course outline

3 hour training

Intro and clinical research (30)
Guided techniques/Q&A (40)
Cognitive skills (60)
Break (15)
Guided techniques and
Benefits of each technique (30)
Closing (5)

2 hour training

Intro (10)
Guided techniques/Q&A (35)
Cognitive skills (45)
Break (10)
Guided techniques and benefits (15)
Closing (5)

90 min training (live or virtual)

Intro (10)
Guided techniques/Q&A (35)
Cognitive skills (40)
Closing (5)



"Employees are clamoring for help with stress, but it's rare to find a program that's effective. The Gamows' easy presentation style coupled with an obvious deep knowledge of human physiology and psychology gives them great credibility with their audiences."
—Jeanne Batey, HR Director,
Office of Economic
Development, City of Denver

Clients

United Nations
U.S. Department of Education
U.S. Department of Energy
U.S. Department of Justice
Justice Leadership Institute
U.S. Department of Transportation
U.S. Department of Treasury
Treasury Executive Institute
Office of the Comptroller of the Currency
San Francisco Federal Reserve Bank
Social Security Administration
Leadership Symposium
U.S. Post Office
Hawai'i Volcanoes National Park
National Weather Service
NASA
*Kennedy, Johnson, and Stennis Space
Centers, Wallops, Ames Research
HQ Leadership Through Influence (LTI)*
Bureau of Fiscal Service
NOAA
*Officer Corps Training
Fleet Administrative Management*
Defense Information Systems Agency
Federal Executive Boards
*San Francisco, Minnesota, Philadelphia
Pittsburgh, Greater Los Angeles, Hawaii*
U.S. Department of the Interior
U.S. Forest Service

Military

U.S. Coast Guard Academy
Naval Postgraduate School
Naval Surface Warfare Center
U.S. Air Force
Air Force Resiliency Trainers
U.S. Army & Army Reserves
U.S. Army Community Service
U.S. Marines

Courts

U.S District Courts
*Western District of WA, Middle District of
PA, Eastern District of PA, Northern
District of FL*

Additional testimonials

"This program is a gift. In my 17-year career with the National Park Service, I have never chosen to attend a training twice. But I was here yesterday and am back again today. I can't recommend this more highly. We focus a great deal on physical risks in the NPS — accidents, falls, threats from the public, tsunamis, earthquakes, lava — and that's all important. But we don't focus enough on our inner environment and the challenges we face there: the stresses and frustrations that we experience every day. It means a lot to me to be able to bring these skills to my staff."

—Natalie Gates, Superintendent, Haleakala National Park

"Karen and David's stress and resiliency training received the highest accolades of the year from the our federal workforce — a must attend for people who are tasked with doing more with fewer resources."

—Joseph Schmitt, Executive Director, Federal Executive Board of Minnesota

"If ever there was a way to improve your life, make work more productive and meaningful, and make you feel good about yourself and your world, you could find no better than this course!"

—Chris Webb, U.S. Army

"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

"On behalf of the 12 federal agencies who attended this Senior Executive training, I commend on a very well-executed program. I am still receiving feedback weeks later about how much participants enjoyed and benefited from the techniques and strategies."

—David Rosenmarkle, Program Manager, Executive Learning and Development, U.S. Department of Energy

"This is a great program! Real practical skills to calm and focus the mind. This way of thinking about my choices was amazing. Will help me to put into practice what I've heard about for years."

—Jim Simon, Subsistence Regional Program Manager, Northern Region, State of Alaska

"Your program is excellent. It's clear how much you care about the participants, and the ideas you share. It comes from your heart and has a real impact on people, in a way that most trainings simply don't. More than sharing information, you are connecting with people in a way that can really change them."

—S.S., Senior U.S. Probation Officer and Training Coordinator Northern District of Alabama

"I am still taking advantage of what I learned in your class a year ago, and find it very effective. Your training offers invaluable skills for success in work, and in life."

—Brenda Paulin, HR Director, Social Security Administration

"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

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

—Bruce Morgan, DISA PAC Deputy Commander

"The group of sixty managers you trained 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

"This was a great program with real-life examples, especially how techniques can be applied in real situations."

—Brandy Baker, Alaska Department of Fish and Game

"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

"Our people are going through far more uncertainty and stress than any of us can remember, with a major military drawdown underway. Your Naval clients 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

"The best stress and resiliency training ever offered in my 20 years at NASA."

—Miriam Glazer, Manager, NASA