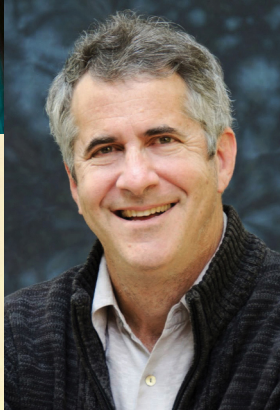




David &  
Karen  
Gamow



“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.”

—Jeff Fanselow, Manager  
Learning & Development, CBS

“We are a German company; most of our workforce are engineers. They are a demanding audience and a tough crowd. However, this training has been very well-received and highly-rated by our people, much more than we anticipated. More than a third of our staff have attended. I recommend this training highly.”

—Becky Fureigh, Senior Manager, Human Resources, Dürr Systems, Inc.

“This training was helpful for how to deal with people who stress you out, but especially 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,  
U.S. Department of the Treasury

“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.”

—E. Shatara, Training Coordinator  
Stanford Linear Accelerator Center

# 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, GE, CBS, Citrix, Gap, IBM, Stanford University, National Park Service, U.S. Department of Justice, 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*.

Clarity Seminars • [karen@clarityseminars.com](mailto:karen@clarityseminars.com) • (650) 917-1186 • [www.clarityseminars.com](http://www.clarityseminars.com)

## 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

### Technology

Citrix Systems  
CBS  
NASA  
Hewlett Packard  
Stanford Linear Accelerator Center  
GE Crotonville Leadership Development  
Cisco  
IBM  
Hitachi  
Juniper Networks  
Nokia  
Plantronics  
Dürr Systems  
Society of Women Engineers  
Boeing  
Lockheed Martin  
SRI International  
Adobe Systems

### Biotech & Healthcare

Genencor (Dupont)  
GE Healthcare  
Gilead  
Medtronic  
Kaiser Permanente  
Oral-B  
Stanford School of Medicine  
Howard Hughes Medical Institute  
American Heart Association

### Legal

Perkins Coie  
Wilson Sonsini Goodrich & Rosati  
Association of Legal Administrators  
U.S. Department of Justice

### Additional

The Gap / Old Navy  
BNP Paribas  
Teamsters  
Wells Fargo  
Intuit  
EY (Ernst & Young)  
Charles Schwab  
Cummins  
PricewaterhouseCoopers (PwC)



## *Additional testimonials*

“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, Fee Supervisor, National Park Service

“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, Training and Development Coordinator  
Morrison & Foerster

“I’ve worked with hundreds of trainers throughout the world. Your presentation is in the top 10% of anything I’ve experienced. So many programs are just PowerPoints. But you really motivate and change people. Your enthusiasm shines through, and the effect is dramatic.”

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

“This workshop was VERY well received at Citrix. The Gamows share a combination of cognitive and body-based techniques, and are very focused on providing useful, actionable tools. I was impressed by their foundation in evidence-based science. I’ve not seen a more effective presentation in quite some time, especially for a corporate audience.”

—Nick Duggan, Citrix

“I’m normally in pain all the time, yet I was pain free after a single session of these exercises.”

—S. M., Manager, Stanford School of Medicine

“I have a PhD in Education/Sport & Performance, and your program is one of the most powerful I have ever seen. You have an exceptional way of sharing life-changing ideas.”

—Gregory South, President, College of the Siskiyous, CA

“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. 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

“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

“Your training for my senior executive team was excellent. Spot-on. Just what we needed.”

—Bruno D’Illiers, Chief Operating Officer, BNP Paribas

“The tools and concepts you shared will go a long way

in strengthening us as an organization.”

—Sheree Chiang, Senior Vice President, Human Resources,  
American Heart Association

“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., 351st Civil Affairs, U.S. Army

“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, Manager, Tenaya Lodge at Yosemite

“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.”

—Brenda Velasquez, 911 Communications Manager  
South San Francisco Police Department

“The response to your program has been so enthusiastic, our company president asked to join in on last week’s session.”

—Lisa Vere, Human Resources Manager, Rosendin Electric

“This is something I wish I’d learned earlier in my career. Your program is excellent and high-energy, designed to meet the needs of the most demanding professional.”

—Bruce Carpenter, General Manager, Westin Santa Clara

“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. I intend to implement all of the tools in my professional and personal life.”

—A judge (anonymous as required by law)

“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.”

—K.N. 4 star hotel manager, San Francisco

“I feel more relaxed, focused, and effective.”

—T. Augustin, Manager, Yahoo!

“A few days after the class, I was fuming mad while driving home. I started doing the exercises right then and there. By the time I got home, I was completely free of anger. In fact, I felt like I’d taken a valium. I’m stunned how effective these techniques are.”

—T.S., Microsoft

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

—Pete Kutras, Director, County Executive, Santa Clara County