

Transforming Stress into Resilience

A workshop exploring the methodologies and technology of the HeartMath System
Led by Bruce Cryer, CEO HeartMath LLC

Featuring Special UK Guest Speakers

Dr Stephen Jennison, M.D., FCP (SA), FRCP (Edin), FACC
Anna Hemmings, MBE

9 am - 12:30 pm, Monday November 8th 2010 at the Royal Society of Medicine, London

Registration 8:30 am

The Royal Society of Medicine
Chandos House, 2 Queen Anne Street, London W1G 9LQ
www.chandoshouse.co.uk 020 7290 3861
(Nearest Tube: Oxford Circus & Bond Street)



Cost price £395 including emWave® Personal Stress Reliever® (RRP £149)

Bookings via UK HeartMath Consortium: www.heartmath.co.uk

All bookings must be received before 26th October. Info: tania@heartmath.com

Overview of Workshop

This 3.5 hour programme will present simple, proven tools and technologies that can be implemented in real time to reduce stress and help build personal resilience and well-being, by retraining the human stress response to a healthier, more productive function. Bruce Cryer has trained thousands of participants in the HeartMath system around the world and you will have the opportunity to learn directly from his vast experience both personally and professionally.



A key feature of the programme is the inclusion of HeartMath's award-winning feedback technology, the emWave Personal Stress Reliever (PSR). The emWave PSR utilises innovative audio and visual feedback to help train the user to not only recognise unhealthy stress responses sooner, but more importantly to retrain their mental and emotional systems to more coherent, efficient functioning.

In addition, case studies and clinical outcomes of HeartMath programmes will be presented.

Why this seminar is an important investment of your time

We live in arguably the most challenging economic era of our lifetime. Uncertainty about the future is creating significant levels of anxiety, relenting pressure, and increasing health problems. High levels of emotional distress provide the underpinning for some of our most costly health problems including sickness/absence, progression of chronic disease, and failure to meet productivity standards. However, nearly twenty years of research in the US and Europe has demonstrated that HeartMath's methods for transforming stress into resilience can not only improve performance, personal health and well-being, but it can also have a positive impact on productivity, morale, retention and customer care.

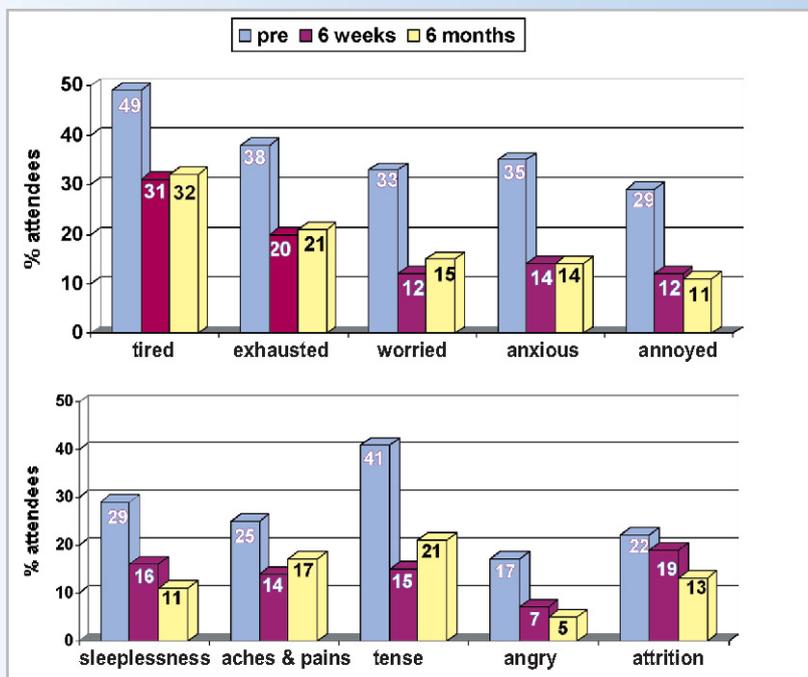
Learning Outcomes – You will be able to:

- Understand the latest research on stress, resilience, performance, health and cognitive function and how these factors affect organisational performance
- Recognise subtle stress signals before they become chronic
- Reset your system after a stressful episode
- Build your resilience capacity each day, instead of letting life's stresses drain your reserves
- Successfully use the emWave Personal Stress Reliever for personal and professional improvements in health and performance
- Be less reactive, think more clearly and make good decisions under pressure

Who Should Attend:

Transforming Stress into Resilience is suitable for managers, executives, coaches, health professionals, and practitioners – anyone seeking more effectiveness and more robust health in everyday life. This workshop will appeal to people in business, education, health care organisations, and anyone interested in high performance.

Measurable Impact of HeartMath tools:



The charts above represent a cross-section of employees (n=1400) from five global companies who have been trained in HeartMath tools and technology. Strong improvements were achieved quickly and sustained not only six weeks, but six months after initial learning of the tools.

Outcomes include:

- Improvements in cognitive function and mental clarity
- Improvements in customer and patient satisfaction
- Improvements in diabetes, asthma, cardiac health
- Reductions in sickness/absence, staff attrition, health claims
- Reductions in high blood pressure

Introduction to HeartMath

HeartMath is recognised as the global leader in stress reduction technology combined with resilience training in order to achieve measurable improvements in health, cognitive function, and personal and organisational performance. From its published clinical research in such journals as the *Journal of the American College of Cardiology* and the *Journal of Stress Medicine*, to its published business research in the *Harvard Business Review*, to its work with clients such as Shell, Hewlett-Packard, Unilever, NASA, the World Bank, high performance athletes from the US, Dutch, and UK Olympic teams, and dozens of educational systems in both the US and UK, HeartMath has developed an international reputation for the practicality and simplicity of their tools, the immediacy of their award-winning feedback technology, and the measurable results participants can achieve.

Workshop Leader

Bruce Cryer, CEO

HeartMath LLC

Bruce has been CEO of HeartMath LLC since 2000, having joined the organisation as a founding member in 1991. He has been instrumental to the success of HeartMath's work in both the corporate and health care sectors in the US and has worked directly with both leaders and clinical staff at organisations such as NASA, Kaiser Permanente, Stanford University (Hospital and Business School), Duke University Health System, the Veterans Administration, and the International Centre for Leadership in Finance (Kuala Lumpur, Malaysia). He is author of many scientific and leadership articles including *Pull the Plug on Stress* (Harvard Business Review 2003), and is co-author of the book *From Chaos to Coherence: The Power to Change Performance*. Since 1997 Bruce has been on the faculty of the Stanford Executive Programme and speaks internationally on the themes of healthcare transformation, leadership development, and the critical need for resilience in turbulent times. In 2008 Bruce was named one of the Top 50 Thought Leaders in Personal Excellence.



Guest Speakers



Anna Hemmings, MBE

Director and Founder of *Beyond the Barriers*, HeartMath UK Consortium member for business and sport

Anna Hemmings MBE is best known as Britain's most successful ever female canoeist, a two time Olympian and 6 times World Champion. Anna is the only British female canoeist to ever hold both European and World marathon canoeing titles concurrently (1999 and 2005). In April 2009 after 15 years at the highest level of the sport Anna decided to retire from professional sport and apply the lessons she learned from sport back to the business world.

Stephen H. Jennison, M.D., FCP (SA), FRCP (Edin), FACC
Cardiovascular Clinical Research, Heart Failure, and Complimentary
Cardiovascular Medicine

Dr Stephen Jennison received his medical education at Charing Cross Hospital Medical School at the University of London, and completed his residency at the St Louis University School of Medicine in the US. He spent five years practicing medicine in Cape Town, South Africa, and at St George's Hospital Medical School in London. He has been practicing cardiology through the Prairie Heart Centre of St John's Hospital in Springfield Illinois for the past fifteen years. Since 2008 Dr Jennison has guided research into the impact of HeartMath's stress reduction tools and technologies in a population of 150 cardiac patients through his centre, Prairie Heart Centre, in Springfield, Illinois.



Selected Clients

