



## **Ian Woosnam, 2006 European Ryder Cup Team Captain, Reveals His Secret to a Winning Performance –**

Ian Woosnam, 2006 European Ryder Cup Team Captain and 1991 Masters Winner, has been using *emWave* along with HeartMath stress reduction techniques as a way to prepare himself and his team for the recent Ryder Cup tournament. Golf is what Woosnam knows; captaincy however was a bit daunting. "Using the *emWave Personal Stress Reliever* enabled me to recognize the effects of stress on my body at any given time. Now I can take the pressure out. It helps you get into the zone as we players say, and sustain the right frame of mind. My recent tournament performances were helped by the use of HeartMath. It amazed me. *emWave* can recognize stress levels not otherwise detectable. I wish I had known about HeartMath earlier in my career," Woosnam says.

Although the anticipation and initial stress was high, when it came time for the tournament to begin, Ian switched on his leadership skills and helped his team stay calm. The European Ryder Cup team was able to keep their cool, have fun, and stay in the zone.

*emWave Personal Stress Reliever* works by helping you build a buffer against stress through learning to access a high-performance zone called coherence. The term coherence refers to a mental and emotional state that people experience when they are in-sync — when the heart, brain, and nervous system work with more harmony and efficiency, like a well-oiled machine. HeartMath describes coherence as a bio-response which is calm yet instantly supplies the appropriate energy and clarity for the situation at hand. Simply stated, more coherence equals improved clarity and energy and less stress.

HeartMath experts say stressful emotions are reflected in your heart rhythm patterns and, in turn, cause unwanted effects in your game such as off-timing, bad swing shots, or the yips. *emWave* helps you regulate your heart rhythms and shift out of stressful emotions to maximize performance.

Whether on the golf course, in the office, or in everyday communications where you want to be at your best, *emWave* is a great tool to prepare for daily stress triggers.

HeartMath says customers are reporting that *emWave* is especially helping them recoup and rebalance their mind and emotions following stressful situations like meetings, deadlines, phone calls, and travel. Woosnam says that in addition to seeing an improvement in his overall performance and leadership skills, he's benefiting personally as well: "I'm sleeping better and I have also found that it helps me cope with the effects of jetlag."

Operating an *emWave* is easy. You simply hold it in your hand with your thumb placed on the sensor button (or by attaching an ear sensor). The sensor detects your pulse and converts it into real-time displays of coherence levels through two colorful light panels. *emWave* includes techniques to help the user increase coherence levels and sharpen their ability to transform stress on-demand.

*emWave* is one of many components that comprise the HeartMath® System. The System includes programs, tools, and technologies that are based on over 15 years of scientific research on the relationship between stress and emotions. HeartMath has earned a global reputation for their innovative research and is acknowledged world-wide as a pioneer in the science of cardiac coherence.

Their solutions for relieving stress and improving performance are helping hundreds of thousands of people in more than 50 countries. HeartMath's research has been published in numerous peer-reviewed journals such as *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology*, *Journal of the American College of Cardiology*, *Integrative Physiological and Behavioral Science*, and *Alternative Therapies in Health and Medicine*.