



*Retrain your stress response - prevent stress before it happens*

*Build personal resilience*

*Increase performance and emotional clarity*

*Perform under pressure*

## HeartMath® Transforming Stress into Resilience

Half-day training in the HeartMath System

Date: 10am to 1pm, 7 July 2011

Location: British Olympic Association, 60 Charlotte Street, London W1T 2NU

## Transforming Stress into Resilience

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.

The HeartMath System is a comprehensive set of highly effective, scientifically-validated practical solutions for reducing stress, anxiety, sleeplessness, and increasing resilience and performance. Not surprisingly, a decrease in stress and anxiety is directly linked to a substantial increase in performance, health and well-being. HeartMath clinical studies have demonstrated the critical link between emotion, cardiac function and cognitive performance.

This three hour programme will present simple, proven tools and technologies that can be implemented in real time to reduce stress and help build your personal resilience and well-being, by retraining the human stress response and organising your innate emotional power to perform on demand.

### You will learn how to:

- ◆ Understand the physiology of stress, resilience and performance and how to prevent stress before it happens.
- ◆ Increase performance and emotional clarity with scientifically proven methods that will enable you to see through problems in a calm and effective manner, while creating a greater sense of well-being.
- ◆ Be less reactive, think more clearly and make good decisions under pressure
- ◆ Eliminate negative and inefficient emotions and effectively manage anxiety, pressure and excitability
- ◆ Build your resilience capacity each day, instead of letting life's stresses drain your reserves
- ◆ Learn how to manage your emotions and expand your coping skills through the use of the emWave®2 System— a handheld interactive device linked with computer desktop software, that enables you to recognise the effects of stress on your body and then provides an effective solution for reducing stress and sustaining the right frame of mind anytime, anywhere.

**Beyond the Barriers is a UK licensed provider of the HeartMath System**

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## The HeartMath Advantage

HeartMath has defined the inner mechanics of how stress performance, and how our emotions can either work against us, or for us as an essential element of getting into a high performance state. From their work with clients such as Shell, Hewlett-Packard, Unilever, NASA, the World Bank to high performance athletes from the US, Dutch, and UK Olympic teams, HeartMath has developed an international reputation for the practicality and simplicity of their tools and the measurable results participants can achieve.

Heartmath's clinically proven techniques help individuals retrain their response to stress and help them perform more consistently under pressure.

The discovery that heart-rate-variability (HRV) patterns reflect and are affected by emotions led to the development of the HeartMath emWave® technologies, which are used extensively in this programme.



Both the computer based emWave technology and the handheld emWave PSR® objectively monitor the user's heart rhythms by measuring the coherence level. Through visual and audio feedback, the user learns how to quickly change his heart rhythms and create psychophysiological coherence while practicing the emotional regulation techniques.

Additional features and functions enhance the ability to sustain coherence and track progress.

Included in this course is an emWave PSR handheld device, a lightweight, portable and easy to use piece of technology that gives you real time feedback.



### Results are:

- ◆ **Immediate** – in one hour, or in one day, with a little practice.
- ◆ **Measurable** – you can watch your heart rhythms change in real time and monitor your progress
- ◆ **Sustained** – you continue to improve your ability to get in the 'zone' and deal with the challenges of training and competition.

## Course Overview

This highly interactive half-day training session is delivered by licensed HeartMath trainers.

### The price is £275 +VAT and includes:

- Half-day interactive workshop that includes:
  - the science and research behind HeartMath
  - training in the HeartMath tools
  - instruction in using the emWave technology
- An emWave2 hand held device and computer software (worth £179)

## Workshop Host

**Anna Hemmings MBE** is a six time World Champion and a double Olympian former professional kayaker. Anna is the founder and Director of Beyond the Barriers and a licenced trainer in HeartMath.

## Next Steps

If you are interested in attending this course, or would like further information, please contact Beyond the Barriers below.

To book online visit our eStore at the website.

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