

# The Power to Change Performance

## *A Peak Performance Program*

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You need to respond dynamically and effectively to the pressure of accelerating speed and change in the new economy. HeartMath's The Power to Change Performance, combines science and business management to deliver practical tools and strategies for improving performance, reducing stress, improving communication skills, effectively managing work and personal life balance issues and increasing the satisfaction of both employees and customers. Tested on four continents, the one-day Power to Change Performance program can create powerful, sustainable business results.

### Results

The impact of HeartMath's Power to Change Performance program on nearly 1,400 people at six global companies has been pooled and is shown below. These results are from a single day's training and have been sustained for six months.

- ▶ a 41% reduction in intent to leave the job
- ▶ a 24% improvement in the ability to focus
- ▶ a 25% improvement in listening ability
- ▶ a 45% reduction in exhaustion
- ▶ a 60% reduction in anxiety
- ▶ a 17% improvement in home/work conflict

### Program Benefits

- ▶ Enhanced teamwork
- ▶ Improved health and safety
- ▶ Reduced turnover
- ▶ Increased flexibility and resilience
- ▶ Improved communication skills
- ▶ Increased customer satisfaction

### In this full-day program you will learn:

- ▶ how to be less reactive, think clearly and make good decisions, especially under pressure.
- ▶ tools to dramatically improve communication with customers, teams and one-on-one.
- ▶ how to improve health and well-being, maintain personal balance and reduce stress and burnout in chaotic environments.
- ▶ four powerful HeartMath® techniques that transform your physiological response to stress.
- ▶ how to activate "big picture" vision and maintain it.
- ▶ how the Freeze-Framer™ software can help you achieve performance breakthroughs.
- ▶ Innovative strategies for creating a strong organizational culture and esprit de corps.

## Who Should Attend

- ▶ Executives trying to lead in the midst of rapid change
- ▶ HR managers and directors
- ▶ High performing individuals
- ▶ Teams needing a performance breakthrough
- ▶ Anyone needing to reduce the damaging effects of stress

The Power to Change Performance workshop is also offered as a public program in Australia & Europe, and in the US as part the Lessons in Leadership Distinguished Speaker Series, featuring Bruce Cryer, CEO of HeartMath, in the same series as Ken Blanchard and Stephen Covey.

Notes:

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*A Change of Heart Changes Everything*