

You need to respond dynamically and effectively to the pressure of accelerating speed and change in the new economy. The Power to Change Performance workshop combines leading-edge 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

Results documenting the impact of The Power to Change Performance program on nearly 1,400 people at five global companies have been pooled and are 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

“The background physiology and the science underpinning [HeartMath] are absolutely sound, which is why we went ahead with pilot studies at Shell. Seeing a self-induced change in their own heart rhythms impressed the company's otherwise skeptical engineers.”

*Dr. Graham Bridgewood,
Chief Medical Officer, Shell International (U.K.)*

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, even in midst of a 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 can help you achieve performance breakthroughs.
- Innovative strategies for creating a strong organisational culture and esprit de corps.

Who should attend

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

“HeartMath's Inner Quality Management system [has] provided ideal and simple tools for the internal transformation within our people. The results speak for themselves. Our airline, Cathay Pacific, now prides itself on delivering an individual style of service, straight from the heart. This has resulted in consistently being rated as having the best in-flight service in the world.”

Peter Buecking, Director, Sales and Marketing, Cathay Pacific Airways, Ltd., Hong Kong

