

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*



**Registration:** (PDF form: *you can type into the form fields*, then print and fax. Your text will *not* be saved when you close the form)

<b>Course:</b>		<b>'The Power to Change Performance'</b>	
<b>One day course</b>		<b>See other page for course description</b>	
Title (Mr/Ms/Dr)	Given Name	Family Name	
Position		Organisation	
Address			
Phone		Mobile	
Fax / e-mail my <b>registration confirmation &amp; tax invoice</b> to this fax or e-mail address:			
Delegate 2:		Delegate 3:	
Delegate 4:		<input type="checkbox"/> I have attached a list of names instead	
Select your course date below   Contact us if you prefer another date, we will tell you when other dates are released			
<input type="checkbox"/> <b>Mon 15/11/04</b>		<input type="checkbox"/> <b>Mon 13/12/04</b>	
		<input type="checkbox"/> <b>Mon 14/2/05</b>	
<i>Only one registration confirmation and tax invoice can be produced; and will be issued to the first person listed above</i>			
↓ <b>Save \$\$\$</b> ↓	Standard Investment →	\$550 (Includes GST)	x _____ delegates = (a) \$
Register at least 20 days prior to course, or		Deduct	10% (b) <input type="checkbox"/>
Register at least 10 days prior to course		Deduct	5% (c) <input type="checkbox"/>
2 delegates registering, or		Deduct	10% (d) <input type="checkbox"/>
3 – 8 delegates registering (More than 8? Please contact us for a special rate)		Deduct	15% (e) <input type="checkbox"/>
Registered charity. Name & reg. no.		Deduct	20% (f) <input type="checkbox"/>
Alliance Partner		Deduct	10% (g) <input type="checkbox"/>
Other (nominated by Macquarie Institute)		Deduct	10% (h) <input type="checkbox"/>
Please calculate you total registration % discount	Total % discount:	Sum (b) to (h)	(i) %
Please calculate you total registration \$ payment	<b>Reg. Sub Total \$</b>	(a\$) minus (i%) =	(j) \$
<input checked="" type="checkbox"/> <b>Save 20% on resource material by pre-ordering now</b>   or 10% by ordering at the workshop. (your registration includes a workshop manual)			
<input type="checkbox"/>	Companion book 'From Chaos to Coherence' (Retail \$40)	_____ (qnty) x \$20	(k)
<input type="checkbox"/>	Multimedia CD-ROM 'From Chaos to Coherence' (Retail \$100)	_____ (qnty) x \$80	(l)
<input type="checkbox"/>	Freeze-Framer Software/Hardware pack (Retail \$595)	_____ (qnty) x \$476	(m)
<b>Material Sub Total:</b>		Sum (k) to (m)	(n)
<b>Grand total: (Registration/s &amp; material, includes GST)</b>		Sum (j) & (n)	(o)
<b>Timing:</b> 8.45 AM registration tea & coffee, for a prompt 9.00 AM course start. Course close at 4.30 PM.			
<b>Venue:</b> The Mercure Hotel Lawson at Ultimo, is less than 10 minutes walk from Darling Harbour, Power House Museum, monorail, light rail, etc. Undercover all day parking on site \$5. Accommodation \$148 single/twin/double with full buffet breakfast. Accommodation and parking offer is made by Mercure Hotel Lawson. Please book directly with the hotel on 02 9211 1499.			
Notes regarding your registration:			
<input checked="" type="checkbox"/> <b>Payment Method</b> (Payment must be arranged 5 business days before course commencement)			
<input type="checkbox"/> <b>Cheque</b>	Payable to <b>Macquarie Institute (Aust) Pty Limited</b>		ABN: 14 078 317 503
<input type="checkbox"/> <b>Invoice</b>	Via my Purchase Order Number:		
<input type="checkbox"/> <b>Credit Card</b>	Total amount to be charged: \$		
<input type="checkbox"/> <b>Bankcard</b>	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	(Currently only these cards can be accepted)
Card Number		Expiry date /	
Cardholder's Name	Signature	Date	
:	:	:	
<b>To secure your position and discounts please fax to 02 9403 7900</b>			
<b>E-mail questions to <a href="mailto:events@MacquarieInstitute.com.au">events@MacquarieInstitute.com.au</a></b>			
<i>Then for cheque payments only, post form plus cheque to:</i>			
<b>Macquarie Institute   PO Box 1197 Chatswood NSW 2057   Telephone Bookings: 02 9412 2500</b>			