



## Transforming Stress into Resilience

17 February 2010

Half Day Session and Full Day Workshop



Featuring HeartMath CEO Bruce Cryer



“Transforming Stress into Resilience” featuring:  
HeartMath CEO Bruce Cryer, with Ei World facilitators.



### Learning Outcomes (Full day Workshop)

#### You will be able to:

- Understand the latest research on stress, performance, health, and cognitive function.
- Recognise subtle stress signals before they become chronic.
- Reset your system after a stressful episode.
- Successfully use the emWave PSR® for personal and professional benefit.
- Be less reactive, think clearly and make good decisions under pressure.



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# Transforming Stress into Resilience



## OVERVIEW

We live in perhaps the most challenging economic period in our lifetime.

Uncertainty about the future is creating anxiety, relentless pressure, and increasing health problems. High levels of emotional distress are among the most costly health problems in terms of health care utilisation, sickness/absenteeism, progression of chronic disease and failure to meet productivity standards.

However, HeartMath's research has shown that transforming stress into productive energy can not only improve performance, personal health and well-being, but it can also have a positive impact on productivity, employee satisfaction and customer care.



## EMWAVE TECHNOLOGY

Full-day session participants will receive the award winning emWave® Personal Stress Reliever (PSR) and will learn how to identify and transform the stress response. You will be experience simple, proven tools and technologies that can be implemented in real time to reduce stress and help retrain the human stress response to healthier, more productive function. In addition, case studies and clinical outcomes of HeartMath programmes will be presented.



emwave  
technology

## WORKSHOP SESSIONS

### Morning Session: 9:30 – 12:30

- Understanding Stress.
- The underpinning science of the HeartMath system of tools and technologies.
- The connection between heart and brain for transforming stress.
- The Physiology of Stress.
- Demonstration of emWave® technology.

*Morning participants leave at 12:30pm.*

### Full Day Workshop: 9:30 – 17:00

includes lunch

All morning topics plus:

- How to power up your resilience capacity.
- The qualities of Resilience.
- Building capacity to be flexible in the face of change.
- Preparations for challenging situations.
- A variety of Techniques to build resilience.
- All you need to know about the emWave Personal Stress Reliever.

## NEXT STEPS

To secure your place on these unique workshops, please visit [www.eiworld.org](http://www.eiworld.org) and click on the HeartMath events logo. Once you have made payment and signed up, you will receive confirmation of your registration.

Prices:

Half Day Workshop - £175 incl. VAT – excludes emWave PSR

Full Day Workshop - £425 incl. VAT - excludes emWave PSR

Full Day Workshop - £475 incl. VAT - includes emWave PSR.

HeartMath products including emWaves are available for purchase at the workshops.

Payments accepted by credit card at [www.eiworld.org](http://www.eiworld.org) If you require a BACS invoice for payment by an organisation before the event, please email [info@eiworld.org](mailto:info@eiworld.org).



## FURTHER LEARNING WORKBOOKS FOR COACHING



## Bruce Cryer – Featured Speaker

Bruce Cryer is President and CEO of HeartMath LLC and has successfully guided the implementation of HeartMath programs at Mayo Clinic, Stanford Business School, The World Bank, Johnson & Johnson, Glaxo-SmithKline, Hewlett Packard and numerous hospitals across the U.S. He is co-Author of *From Chaos to Coherence: the Power to Change Performance* (now in its third edition), “Pull the plug on Stress” published in the *Harvard Business Review* and many other leadership and scientific articles. He is on the faculty of the Stanford Executive Program and speaks regularly at conferences on the subjects of stress, performance, emotional intelligence and leadership development.

HeartMath is recognised as the global leader in stress reduction technology that measurably improves health, cognitive function and provides numerous organisational benefits.

From its published clinical research to its work with such clients as BP, Shell, Unilever, Mayo Clinic, NASA, numerous educational systems in the UK and US, and global 100 companies, HeartMath has developed an international reputation for the practicality and simplicity of its tools, the immediacy of its award winning feedback technology, and the measurable results.

Founded in 1991, HeartMath have researched and refined a set of unique tools and proprietary technology designed to boost performance, health and productivity while dramatically reducing stress. HeartMath’s scientifically validated methods have been proven on five continents to measurably and immediately retrain the stress response to a healthier and more productive function.

Numerous case studies in the UK, Europe and the US have substantiated the effectiveness of the program, showing quick, sustained improvements in stress, health, wellbeing, performance and vitality. HeartMath have won numerous awards for its innovative technology and proven organizational results and its research has been published in scientific journals, including the *American Journal of Cardiology* and the *Journal of Stress Medicine*.



The following key members of the Ei World team will be co-facilitating the workshops on 17<sup>th</sup> February.

**Geetu Bharwaney** is Founder & Managing Director of Ei World. She has specialised in emotional intelligence research, development and evaluation since 1999. She is a member of the Ei Consortium and the HeartMath UK Consortium. Her areas of interest are leadership development, personal effectiveness and coaching high achievers. She has built emotional intelligence interventions and has proven measurable results in her work with leaders and high potential individuals. She is licensed to deliver HeartMath’s programmes in organisations and leads Ei World public courses including the ‘1-to-1 Provider Programme’, a qualification for individual practitioners to learn to guide their clients in the HeartMath system.

**Vanessa Shaw** is an experienced professional Executive Coach who has worked with pan-European corporate and private clients including law firms, banking, international organisations, and small and medium enterprises. She works with senior managers and high potential staff to enhance their performance and develop their leadership capabilities. She is licensed to deliver HeartMath’s programmes in organisations and leads Ei World public courses including the ‘1-to-1 Provider Programme’, a qualification for individual practitioners to learn to guide their clients in the HeartMath system.

Other members of the Ei World team will also be present at the workshop.





## YOUR HOSTS – EI WORLD

Ei World is a recognised leader in the field of emotional intelligence.

An international company founded in 1999, and based in the UK, we lead research, education and development projects for organisations in specialised occupations around the globe.

Typically we assist organisations who want to identify what distinguishes and predicts high performance in a particular occupational role to ensure return on investment is realized.

As a founder member of the HeartMath UK Consortium, Ei World is the only licenced provider for the HeartMath 1:1 Provider Programme.

In addition Ei World also provides a wide range of HeartMath service solutions and technology for individuals, business, government and healthcare.

Now with a dual focus on emotional intelligence and Heart intelligence, Ei World is for organisations, individuals and executives looking to increase their levels of resilience and performance.

Further information about Ei World and our team can be found at our website: [www.eiworld.org](http://www.eiworld.org)



## WORKSHOP VENUE

Our 'Transforming Stress' and 'Transforming Stress into Resilience' short workshops are held at Ei World's own training centre nestled in the Bedfordshire countryside.

### Full address:

Ei World Limited, 4 Doolittle Mill,  
Froghall Road, Ampthill,  
Bedfordshire, MK45 2ND.  
Tel: 01525-840090

### Location:

45 minutes north of London, easily accessible by:

**Car** – Easy access from Junction 12 of the M1 heading north or south.

**Train** – 45 minutes from London St Pancras International (domestic) station, then a 5 minute taxi ride from Flitwick station where taxis are easily available. Milton Keynes is also an option which is approx 25 minutes by taxi.

**Plane** - 25 minutes from Luton (Taxi).  
60 minutes from Heathrow (Taxi).  
75-minutes from Gatwick (Train).

We can assist you to get to us safely and will help with booking trains, taxis, local arrangements where needed.

Please ask for assistance by calling us or emailing Emma Davies –  
01525-840090 [edavies@eiworld.org](mailto:edavies@eiworld.org)



## HOTEL ACCOMMODATION

### Flitwick Manor of Menzies Hotels

Situated a short drive from Doolittle Mill. (Approximately 5 minutes journey)

Although our short workshops are non-residential, your visit to us might require an overnight stay. If this is the case, here are some details to assist you.

Easy access from Luton, Heathrow and Gatwick airports.

A superior category of room has been reserved at a special rate of £115, dinner bed and breakfast.

**Booking Hotel Accommodation:** A block of rooms are usually reserved by Ei World for each workshop though you will need to make your confirmation directly to the hotel.

### Menzies Flitwick Manor

Church Road  
Flitwick  
MK45 1AE  
Tel: 01525-712242

## TIMINGS for 17<sup>th</sup> February

MORNING session is 09:30 to 12:30  
(*registration from 08:45*).

FULL DAY session is 09:30 to 17:00.