



Executive Readiness

A Personal Toolkit to Maximize Energy, Influence and Clarity





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Intelligence. Clarity. Flexibility. Efficiency. Results.

These are just some of what's expected of today's executive. And yet given the context of globalization, accelerating change and unpredictability, how do executives maintain readiness and top performance without losing their balance, health and effectiveness?

HeartMath's Executive Readiness Program is a personalized in-depth program to help today's executive stay ahead of the game, respond intelligently to the increasing number of complex priorities, manage the growing volume of information and develop both as a leader and as a person.

"I took the private HeartMath executive training and found the tools to be very effective. I have experienced a reduction of stress, increased focus, improved communication skill and awareness. The tools and software are easily applied during the day, and provide added clarity and insight. Heart Mapping is a great idea generator, especially for solutions involving people... In today's high pressure global climate, I see HeartMath as **required skills for advanced executive performance.**"

Steve Krise, General Manager; Space, Land & Sea, Hamilton Sundstrand

By learning and applying HeartMath's practical and innovative techniques, an executive is able to improve energy levels, health and awareness—on demand—which profoundly impacts performance, leadership capacity, emotional intelligence, decision-making, interpersonal skills and stress levels.

The Program

"...the HeartMath tools provide our executive participants with very important and highly relevant skills for managing large, complicated organizations anywhere in the world, and for managing oneself."

Beverly H. Smith, Administrative Director, Stanford Executive Program

The twelve-month process* begins with four 1-hour telephone sessions to learn the HeartMath tools and technology and a 1/2-hour implementation session. This is followed by monthly 1/2-hour coaching sessions to help the executive integrate the HeartMath tools and technology into ongoing projects, strategic planning processes, communication and relationship issues and a professional development plan.

*The first 4 and a 1/2-sessions can also be taken alone as an introduction to the HeartMath System.



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Tracking Your Progress

The program's effectiveness is greatly enhanced by the Freeze-Framer® Interactive Learning System, HeartMath's software technology with patented heart rhythm monitor. This innovative, award-winning system enables the executive to observe performance improvements while reducing stress and increasing energy and health—every day.

Personal and Professional Benefits

Executives from large global companies, as well as small and mid-size organizations, hospital systems, and the Stanford Graduate School of Business, have had measurable results with HeartMath's science-based programs. Some of these include:

- Dramatic stress reduction, with associated physiological improvements (e.g., blood pressure)
- Reduced fatigue and burnout
- Increased clarity, focus, attention span, accuracy and learning ability
- Increased mental and emotional reserves to respond to immediate challenge
- Improved decision-making, (reduction of decision fatigue)
- Improved communication skills that enhance personal and professional relationships
- Efficient project planning with added creativity
- Improved work/life balance

"I completed the 4-week individual executive telephone coaching session and found it to be an effective tool for me to deal with stress and to increase my productivity, clarity of thinking, intuitive listening and energy. I see HeartMath as a management tool to help boost employee performance, creativity, and health resulting in greater productivity, reduced absenteeism and better attitudes. What better time than now."

Fortune 500 VP, Health, Environment and Safety

Program Advantages

- Based on 12 years of research
- Practical, easy to learn and apply techniques to reduce stress and improve performance on demand
- Individualized format to maximize time, effectiveness, and confidentiality
- Telephone and Web-based training to eliminate the need to travel
- Flexible appointments to accommodate busy schedules
- Freeze-Framer Interactive Learning System for instant feedback and accelerated learning

"The organization I work for is performance driven – it's data driven - and people like to see the proof that something works. HeartMath gives you that proof."

Chris Roythorne, M.D., VP, Health, BP



energy



Program Components

- Four 1-hour private training sessions plus nine 1/2-hour individual application coaching sessions with HeartMath Executive Trainer
- Personalized workbook
- Freeze-Framer Interactive Learning System software package and instruction
- Content rich *From Chaos to Coherence* book and CD-ROM with video clips, science resource and more
- Additional coaching option

For registration, more information and pricing details:

email at: exec@heartmath.com

Who We Are

HeartMath is an innovative human performance training and consulting firm dedicated to improving the performance, health and vitality of individuals and organizations. Our tools and technology have been used by over 100,000 executives, managers and employees from top global companies including BP, Boeing, Cisco, Unilever, Shell, United Technologies, and Motorola, as well as physicians, hospital staff, educators, health professionals, athletic coaches and individuals who want to improve their performance, health and overall well-being.

Media coverage on HeartMath includes feature stories in *Harvard Business Review*, *Wall Street Journal*, *New York Times*, *Business 2.0*, *CNN*, *ABC World News Tonight*, *ABC Good Morning America*, and *Industry Week*.

HeartMath's research has been published in peer-reviewed journals such as *The American Journal of Cardiology*, *Stress Medicine* and *Journal of Advancement in Medicine*.

Contact us for more information at:

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"The HeartMath program has allowed me to easily de-stress myself amidst the numerous challenges and opportunities that are part of any leader's daily regimen. Since the HeartMath training, I find I can respond to the deluge of demands and priorities with more focus and near absence of agitation, and therefore far more readily make well-reasoned, thoughtful decisions."

--**Jack Peterson**, VP, Performance Improvement & Organization Development
Sierra Providence Hospital Network (a Tenet Hospital)