



David &  
Karen  
Gamow



# Martial Arts for the Mind

## *Stress & Resilience Skills*

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training provides physiological and cognitive techniques to overcome the negative impacts of stress, and to increase our capacity to bounce back from adversity.

Navy Seals use these techniques to calm intense fear before combat. Actors and athletes use them to reduce stress and enhance performance under pressure. Learn how to stop the stress response before it arises, and to find effective ways to release it once present. Learn how to:

- Understand and communicate more sensitively with others without denying or sacrificing your own feelings
- Manage challenging work situations with greater calm and clarity of mind
- Release stress with clinically-proven relaxation, breathing, and meditation techniques that can be done in just a few moments
- Achieve significant relief from chronic pain, insomnia, and high blood pressure, among many other health conditions
- Increase focus amid 24/7 hyper-connectivity and distractions

“These are critical skills for achieving our goals with greater clarity of mind, without losing our sense of humor or our health along the way.”

—Jeff Fanselow, Manager  
Learning & Development, CBS

“We are a German company; most of our workforce are engineers. They are a demanding audience and a tough crowd. However, this training has been very well-received and highly-rated by our people, much more than we anticipated. More than a third of our staff have attended. I recommend this training highly.”

—Becky Fureigh, Senior Manager, Human Resources, Dürr Systems, Inc.

“I’ve worked with hundreds of trainers throughout the world. Your presentation is in the top 10% of anything I’ve experienced. You motivate and change people. Your enthusiasm shines through, and the effect is dramatic.”

—Robert Cancalosi, Chief Learning Officer  
Global Human Resources, GE Healthcare

“This workshop was very well received at Citrix. The Gamows share a combination of cognitive and body-based techniques, and are focused on providing useful, actionable tools. I was impressed by their foundation in evidence-based science. I’ve not seen a more effective presentation in quite some time, especially for a corporate audience.”

—Nick Duggan, Head, Internal Communications, Citrix

### ON-SITE TRAINING

**3 hours (shorter lengths possible)**

Cost: \$2,400 San Francisco area  
\$4,200 Western States | \$5,700 Midwest  
\$6,400 East Coast, Hawaii, Alaska  
\$2,800 Each additional training

### VIRTUAL TRAINING

**90 minutes**

Cost: \$2,100 up to 50 people  
\$2,400: 50-100 | \$3,000 for 150  
\$3,500 for 200 | \$4,000 for 300

David and Karen Gamow have trained over 35,000 employees for clients including NASA, GE, CBS, Citrix, Gap, IBM, Stanford University, National Park Service, U.S. Department of Justice, and the U.S. Navy. For years their training has been an integral part of leadership training intensives for GE, NASA, and the Social Security Administration. They have spoken about stress on behalf of the American Heart Association. Authors of *Freedom from Stress*, their work has been featured in *Investor’s Business Daily*, *Huffington Post*, and *Money Magazine*.

Clarity Seminars • karen@clarityseminars.com • (650) 917-1186 • www.clarityseminars.com

## Our instructional strategy

The training is a combination of lecture, experiential activity, Q & A, and voluntary interaction between the instructor and participants. Participants experience exercises and ideas as observers/scientists, and are encouraged to test them for themselves in the classroom. The lecture is engaging, humorous, and sometimes challenging. The goal is a significant shift in understanding.

## Course content

The training consists of two approaches to stress: cognitive and physiological. The cognitive training culminates in a 4-step process developed at Harvard that helps participants break the cycle of responding to challenging situations in stressful or non-productive ways. Participants gain an understanding of the mind and its habitual, unconscious responses to external challenges, and also learn how to consciously and naturally choose a different response. To the extent that stress is a feeling of being out of control, stress is reduced as we gain mastery over our responses, even in small ways.

The second prong of the training is hands-on practice in a number of relaxation, breathing, and meditation techniques that are clinically proven to reduce stress and enhance mental focus. Participants learn how to relax the body at will, relieve physical tension, and relieve or eliminate pain. Other benefits include reducing or eliminating insomnia, reducing blood pressure, and enhancing resilience.

## Course outline

### 3 hour training

Intro and clinical research (30)  
Guided techniques/Q&A (40)  
Cognitive skills (60)  
Break (15)  
Guided techniques and  
Benefits of each technique (30)  
Closing (5)

### 2 hour training

Intro (10)  
Guided techniques/Q&A (35)  
Cognitive skills (45)  
Break (10)  
Guided techniques and benefits (15)  
Closing (5)

### 90 min training (live or virtual)

Intro (10)  
Guided techniques/Q&A (35)  
Cognitive skills (40)  
Closing (5)



*“Employees are clamoring for help with stress, but it’s rare to find a program that’s effective. The Gamows’ easy presentation style coupled with an obvious deep knowledge of human physiology and psychology gives them great credibility with their audiences.”*  
—Jeanne Batey, HR Director,  
Office of Economic  
Development, City of Denver

[www.clarityseminars.com](http://www.clarityseminars.com)

## Clients

### Technology

Citrix Systems  
CBS  
NASA  
Hewlett Packard  
Stanford Linear Accelerator Center  
GE Crotonville Leadership Development  
Cisco  
IBM  
Hitachi  
Juniper Networks  
Nokia  
Plantronics  
Dürr Systems  
Society of Women Engineers  
Boeing  
Lockheed Martin  
SRI International  
Adobe Systems

### Biotech & Healthcare

Genencor (Dupont)  
GE Healthcare  
Gilead  
Medtronic  
Kaiser Permanente  
Oral-B  
Stanford School of Medicine  
Howard Hughes Medical Institute  
American Heart Association

### Legal

Perkins Coie  
Wilson Sonsini Goodrich & Rosati  
Association of Legal Administrators  
U.S. Department of Justice

### More

The Gap / Old Navy  
BNP Paribas  
Teamsters  
Wells Fargo  
Intuit  
EY (Ernst & Young)  
Charles Schwab  
Cummins  
PricewaterhouseCoopers (PwC)

## *Additional testimonials*

“Our employees include some of the country’s finest research scientists, and they gave this program top ratings. It’s a big plus that the program is based on clinical research and that people can experience the results of the techniques first-hand. Even our traditional skeptics were won over.”

—E. Shatara, Training Coordinator  
Stanford Linear Accelerator Center

“Your training for my senior executive team was excellent. Spot-on. Just what we needed.”

—Bruno D’Illiers, Chief Operating Officer, BNP Paribas

“People owe it to themselves, their co-workers, and their loved ones to acquire these skills. Practicing them would transform any workplace—and people’s lives— for the better. ”

—Pam Delnevo, Training and Development Coordinator  
Morrison & Foerster

“I’m normally in pain all the time, yet I was pain free after a single session of these exercises.”

—S. M., Manager, Stanford School of Medicine

“A few days after your class, something happened that caused a tremendous amount of stress in me. I was literally fuming while driving home. I started doing the exercises right then and there. By the time I got home, I felt completely free of anger. I am stunned how effective these techniques are.”

—T.S., Microsoft

“I credit your “Martial Arts for the Mind” training as one of the catalysts for my personal growth. It encouraged me to bring these same benefits to Plantronics and to have it become part of our culture. For that, I thank you very much.”

—Barry Margerum, Manager, Plantronics

“Of the more than 20 management training programs Kimpton offered last year, your seminar was ranked highest by our employees. We believe we have better leaders now as a result of it: more balanced, more relaxed, and less overworked.”

—Niki Leondakis, Vice President, Kimpton Hotels

“The response to your program has been so enthusiastic, our company president asked to join in on last week’s session.”

—Lisa Vere, Human Resources Manager, Rosendin Electric

“We all are in agreement that this is one of the best training sessions anyone of us have taken at Stanford (or anywhere else, for that matter).”

—David Silberman, Director, Health & Safety Programs,  
Stanford School of Medicine

“A+. This program provided tremendous new insight in how to recognize and eliminate stress. Life will improve if you practice the techniques learned today. I know I will.”

—Mark McDonald, former President, Hitachi Semiconductors

“We have been interested in providing meaningful stress management help to our staff for a long time, and had not found a program that we felt would be effective. We found yours to be different. We’ve had 6 training sessions with you, and several months later, people are still talking about the benefits. Given the pressures on IT to perform, this is an enormous help with our productivity. Your program is very effective and powerful. I highly recommend it.”

—Melissa DeVore, Assistant Director, Information Technology Services, University of Texas at Austin

“Being resilient is being flexible and staying in a good positive mindset when things are coming at us. Change is a constant. But we often don’t pay enough attention to how we are taking care of our internal states. *Martial Arts for the Mind* will make you a maestro. ”

—North America Learning Manager, General Electric

“We have seen an immediate benefit from your seminar. People who have completed your training have seen and felt a difference in their professional and personal lives. We are eager to have more employees attend and apply the techniques.”

—Tony Deblauwe, Director of Human Resources, Celigo

“So many programs on stress or work/life balance can be one-dimensional. They talk about specific problems and what to do in each one. This is fine, but then whenever something new comes up, people are left high and dry. Your program gives people a new perspective that makes it much easier to handle challenges of any kind, small or large. It’s so much more useful! I can see why this course comes highly recommended. I add my recommendation as well.”

—Debra Hardison, Human Resources Manager, Genencor

“David and Karen represent a rare breed of professionals who practice what they preach. They teach timeless self-management principles designed to help us reduce stress while gaining control of our work and personal lives, get more out of living in general, and have fun in the process.”

—Phil Quigley, Talent Development Manager, Yahoo!

“We are finishing a multi-year project implementing new computer systems and accounting processes and were in search of a reward to employees, and something to ease the building stress experienced by our workforce. Your program completely met our expectations. The immediate feedback from the employees was overwhelmingly favorable. More importantly, 2 months later, the benefits are apparent in how many of our staff cope well with the challenges faced each day. I highly recommend your training. The effectiveness of it is already spreading to other parts of our company.”

—Robin A. Nix Director, IT, Vulcan Materials

“If my previous company had shown this level of interest in my development as a manager and as a person, I never would have left.”

—K.N. 4 star hotel manager, San Francisco