

# Clarity Seminars

Stress, Resilience, & Leadership

## Testimonials

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

—Jeff Fanselow, Manager Learning & Development, CBS Interactive

“I have worked with hundreds of the finest trainers throughout the world. Your presentation is definitely in the top 10% of what I have seen. So many programs are PowerPoint presentations describing a topic; yours really motivates and changes people. Your enthusiasm shines through and the effect is dramatic.”

—Robert Cancelosi, Chief Learning Officer GE Healthcare

“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.”

—Erin M. Shatara, Training Coordinator, Stanford Linear Accelerator (DOE)

“Ideal for helping us retain our valuable managers, and save them from burnout. It provided our people with invaluable skills to manage their workloads and their staff effectively.”

— Mark Hyde, Director Human Resources Hyatt San Jose

“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

“This program is pure genius. A ‘must-see’ for anyone who wants to change their life for the better. Very warm speakers — open and easy to engage with. They really want to help their audience. Let them.”

—Mindy Ecenrode, Attorney, U.S. Army

# Stress & Resilience Training

## “Martial Arts for the Mind”

*for Leadership or Employee Development*

*Live and virtual/online training options*

Give your employees and managers the skills they need to perform effectively under high pressure.

This training is at the cutting edge of stress reduction, offering a powerful blend of cognitive training and clinically-proven relaxation techniques to manage stress and enhance resiliency, even in the most challenging circumstances.

It’s also much more than a stress-management program. The principles and techniques participants learn are essential for successful leadership, productivity, error-free decision-making, focus, and the ability to work effectively with others.

NASA, CBS, Citrix, GE, Lockheed Martin, Stanford University, the United Nations, and the U.S. Navy are a few of the organizations that have provided Clarity Seminars’ stress management and resiliency training to their executives and staff. (*see page 3 for more*)

This program is an unusual combination. It significantly benefits attendees in both their work and personal lives, and also enhances resiliency and productivity on the job. It’s often the most highly-rated program an organization offers its people.

David and Karen Gamow, founders of Clarity Seminars, have personally trained more than 35,000 employees in these methods — from software engineers under crushing development deadlines to soldiers preparing for combat.

The Gamows are two of the leading stress and resilience trainers in the United States today. Authors of *Freedom from Stress*, their work has been featured in *Investor’s Business Daily*, *San Jose Mercury News*, *Gannett News*, *Chicago Sun-Times*, and *CNN Money Magazine*.

“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 from the training are apparent in how many of our staff cope with the challenges faced each day. I highly recommend your training. The effectiveness of this training is already spreading to other parts of our company.”

—Robin A. Nix Director of IT Vulcan Materials

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David  
& Karen  
Gamow



# Martial Arts for the Mind

## *Stress & Resilience Skills for the Workplace*

We provide promo materials like this flyer to help you announce trainings to colleagues. Materials are customized to meet your group's needs, whether it's executives and managers, or an open enrollment session for a wide range of employees.

"Helpful, not only in terms of how to deal with people who stress you out, but especially on how you handle yourself, so you don't let the slings, arrows, and other misfortunes that others may sling your way get you down. It was rather liberating, in fact."

—John Lom, Deputy Chief Counsel  
Department of the Treasury

"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. But then whenever something new comes up, people are left high and dry. Your program teaches people a new perspective that makes it much easier to handle challenges of any kind, small or large. It's so much more useful!"

—Debra Hardison, Human Resources  
Manager, Genencor International

"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

"This is the best stress training we've ever offered in my 20 years at NASA."

—M. Glazer, Program Director, NASA-Ames  
Research

"I'm normally in pain and discomfort nearly all the time, and yet I was pain free after a single session of your exercises. I can't begin to thank you enough for your training. The benefits are incredible."

—S. M., Stanford School of Medicine

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training provides both physical 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 like these to calm intense fear before combat. Professional athletes use them to enhance performance. Learn how to stop the stress response before it arises, and to find effective ways to release it once present. You'll learn how to:

- Understand and communicate more sensitively with people without denying or sacrificing your own feelings
- Manage challenging work situations with greater calm and clarity of mind
- Release stress with simple 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
- Increase focus amidst 24/7 hyper-connectivity and distractions

David and Karen Gamow are two of the leading stress and resilience trainers in the U.S. today. They have trained over 35,000 employees for clients including CBS, Citrix, National Park Service, Boeing, The Gap, Hilton, Stanford School of Medicine, and the U.S. Navy. For years their training has been an integral part of leadership training development for GE, NASA, and the Social Security Administration. They have spoken about stress to the public on behalf of the American Heart Association. Authors of *Freedom from Stress*, their work has been featured in *Investor's Business Daily*, *Gannet News*, and *CNN's Money Magazine*. Learn more at [www.clarityseminars.com](http://www.clarityseminars.com)

## Our instructional strategy

The training is a combination of lecture, experiential techniques, 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 program is both highly entertaining and challenging, with the goal of a significant and dramatic shift in understanding and insight.

## 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 are also trained 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

Full in-person training is 3.5 hours. Shorter lengths are available. *Online sessions are 90 minutes to 2 hours (condensed version of this outline)*

0:00-1:20 Part 1: Physiology  
Brief overview  
Scientific research  
Guided techniques  
Q & A

1:20-1:30 Break

1:30-2:35 Part 2: Cognitive skills for resiliency  
Self-mastery in daily life  
Commonly held perceptions that increase stress  
Habitual reactions that derail our effectiveness  
Learning to step back; gaining perspective  
A 4-step process developed at Harvard  
Real-life applications in the heat of battle  
(voluntary classroom participation, not role-play)

2:35-2:45 Break

2:45-3:20 Part 3: Physiology  
Guided techniques, benefits of each technique

3:20-3:30 Closing



## Clients include

### Technology

Citrix Systems  
CBS  
NASA  
Stanford Linear Accelerator Center  
GE Crotonville Leadership Development  
Cisco  
Juniper Networks  
Nokia  
Plantronics  
Society of Women Engineers  
Boeing  
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

### Additional clients

Lockheed Martin  
The Gap / Old Navy  
Teamsters Union  
Wells Fargo  
Intuit  
Ernst & Young  
Charles Schwab  
Dürr Systems  
Cummins  
PricewaterhouseCooper (PwC)

For more clients, see [www.clarityseminars.com](http://www.clarityseminars.com)



## Leadership Training

Good leaders inspire loyalty, draw the best out of their subordinates, and are excellent communicators. These principles are often taught in leadership training programs, but are rarely remembered in the heat of battle. This is because leadership, like every other endeavor, starts in the human mind. Until our mind and emotions are under our control, there is a large gap between what we know and what we do.

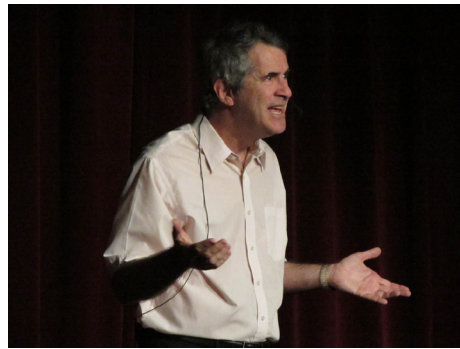
This program will give your managers the clarity and self-mastery to put into practice the knowledge and experience they have spent a lifetime accumulating. Our training has been an integral part of leadership development series for many organizations, including NASA's Leadership Through Influence (LTI) program, Treasury Executive Institute, Cummins Emerging Manager Training, and GE's Management Development program (Crotonville).

"This is the kind of training that can make an important difference in their lives, as managers, and as people. It has been a high priority for me, personally, to bring these skills to our people; it's something I wish I had learned earlier in my career. Your program is excellent and high-energy, designed to meet the needs of the most demanding professional. I highly recommend it."

—Bruce Carpenter, General Manager  
Westin Santa Clara

"I have spoken to several managers who had attended your session, and we all are in agreement. This is one of the best training sessions any one of us have taken at Stanford (or anywhere else, for that matter)."

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



## Appreciation events

Say "thank you" to your employees with a powerful program that benefits them both personally and professionally. Participants frequently comment how grateful they are to receive training of this caliber.

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

—Kevin N., Manager, Kimpton Hotels

## Conferences

Keynotes or breakout sessions are available in shorter lengths as needed:

"Thank you to you and David for all of your work. Your session was one of the most highly rated at our annual conference."

—Pam Stong, Director of Professional Development, Association of Legal Administrators (ALA)

"I just wanted to thank you for the outstanding presentation you provided at our annual leadership conference. In this challenging economic environment of doing more with less, while still striving to remain relevant and competitive, it is very easy to overlook something as important as our own well-being. I will never forget looking around the room and watching over 70 of our most important managers as they participated. You never know how well a presentation will be received, and I was pleased to see them all taking it seriously and truly learning how to incorporate this into their daily lives—I certainly know that I will."

—Randy Peterson, President and CEO  
HMC Architects

"Thank you for your excellent presentation. Yours was the most popular program of the thirty sessions offered at our annual Leadership Conference."

—Colonel Chris Green, U.S. Army



## Teambuilding Change Management Conflict Resolution Customer Service

This training is much more than stress management. It's foundational for customer service, teambuilding, coping with change, and effective leadership. Whether dealing with customers, wrapping up major software upgrades, or bringing a product to market, people under high levels of stress will experience impacts on performance. This training will help your people accomplish their goals with greater calmness and clarity.

It's very hard to characterize this training.

It's foundational for a wide variety of subjects: customer service, coping with difficult people, reducing stress, and more. It contains solid information about stress, coping, and ultimately taking personal responsibility. Great, great class. I highly recommend the Gamows' training.

—Diane Flannigan, Training Manager  
Coldwell Banker

## Cost

### In-person live training \_\_\_\_\_

- \$2,400 San Francisco Bay Area
- \$4,200 West Coast, AZ, NM
- \$5,700 Midwest, Alaska
- \$6,400 East Coast, Hawaii
- \$2,800 Each additional training while already in your area

Price is all-inclusive: trainers, travel, and materials  
International trainings: request a quote

### Virtual/online training \_\_\_\_\_

- \$2,100 90 min - 2 hours
- \$2,400 Groups larger than 50