

## Clarity Seminars

Stress, Resilience, & Leadership

### Federal agency testimonials

“Karen and David’s stress and resiliency training received the highest accolades of the year from the our federal workforce — a must attend for people who are tasked with doing more with fewer resources.”

—Joseph Schmitt, Executive Director, Federal Executive Board of Minnesota

“If ever there was a way to improve your life, make work more productive and meaningful, and make you feel good about yourself and your world, you could find no better than this course!”

—Chris Webb, U.S. Army

“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

“Awesome! Lively, fun, and completely engaging start to finish. Extremely helpful and effective.”

—Gina Thomas, IT Manager U.S. Forest Service

“The best stress and resiliency training ever offered in my 20 years at NASA.”

—Miriam Glazer, Manager, NASA

“Excellent. Thank you again for taking the time to train our Master Resiliency Trainers. Everyone can benefit from this program.”

—Major Aldrich, Chief Senior Leader Management, US Air Force

“Invaluable skills for success in work, and in life.”

—Brenda Paulin, HR Director, SSA

“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 for the Federal Workforce

Also available specifically for leaders and managers  
We train extensively up through SES levels

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, the U.S. Army, Social Security Administration, GE, Lockheed, 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.

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 30,000 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 resiliency trainers in the United States today. Authors of *Freedom from Stress*, they have appeared in *Investor’s Business Daily*, *San Jose Mercury News*, *Gannett News*, *Chicago Sun-Times*, and *Money Magazine*.

David & Karen Gamow  
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“It was important to me to provide training that would support my staff personally as well as professionally, and let them know how much their work is appreciated. Your training was perfect. The response was overwhelmingly positive, even given that this is a tough group of people to train, including some of our already well-trained Master Resiliency Trainers. This training came to me highly recommended and we will be pleased to utilize it again in the future.”

—Brandi G. Stauber, Chief Army Community Service U.S. Army Garrison, Hawaii



David  
& Karen  
Gamow



# Stress & Resiliency Training for the Federal Workforce

*also titled “Martial Arts for the Mind”*

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.

“An extremely engaging and powerful program. We were captivated by your wonderful way of connecting deeply with our people. Highly recommended.”

—Francine Roby, Director  
San Francisco Federal Executive Board

“This workshop was eye-opening. It really made me think about how I deal with situations, and how they affect me. I really enjoyed the program.”

—Katie Vespers, Master Resiliency Trainer  
U.S. Air Force

“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

“This is a high-stress environment, and your training has been a great help. Even one person with calm energy in the face of challenge helps everyone to respond at their best.”

—Charles Palmer, Jr., Administrator  
351st Civil Affairs, U.S. Army

“After practicing these techniques for only a short time, my neck pain is almost completely gone.”

—Emma Ybarra, Manager, NASA

“An excellent training. People have been talking for weeks now about how much they benefited from it.”

—Sue Dooley, Director of Admissions  
Naval Postgraduate School

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 to calm intense fear before combat. Actors and athletes use them to reduce stress during 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 have trained over 30,000 employees for clients including the U.S. Navy, Army, Marines, NOAA, Forestry Service, Department of Treasury, Justice, Education, Energy, and many other federal agencies. 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*, *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

Complete training is 3.5 hours.  
Shorter lengths are available.

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



## Federal clients

United Nations

U.S. Department of Education

U.S. Department of Energy

U.S. Department of Justice

*Justice Leadership Institute*

U.S. Department of Transportation

U.S. Department of Treasury

*Treasury Executive Institute*

Office of the Comptroller of the Currency

San Francisco Federal Reserve Bank

Social Security Administration

*Leadership Symposium*

U.S. Post Office

Hawai'i Volcanoes National Park

National Weather Service

NASA

*Kennedy, Johnson, and Stennis Space*

*Centers, Wallops, Ames Research*

*HQ Leadership Through Influence (LTI)*

Bureau of Fiscal Service

NOAA

*Officer Corps Training*

*Fleet Administrative Management*

Defense Information Systems Agency

Federal Executive Boards

*San Francisco, Minnesota, Philadelphia*

*Pittsburgh, Greater Los Angeles, Hawaii*

U.S. Department of the Interior

U.S. Forest Service

### Military

U.S. Coast Guard Academy

Naval Postgraduate School

Naval Surface Warfare Center

U.S. Air Force

*Air Force Resiliency Trainers*

U.S. Army & Army Reserves

U.S. Army Community Service

U.S. Marines

### Courts

U.S District Courts

*Western District of WA, Middle District*

*of PA, Eastern District of PA, Northern*

*District of FL*

*For more, 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.

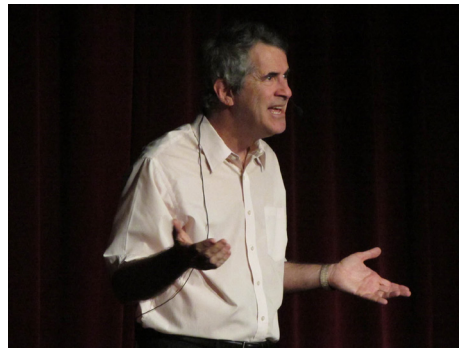
Our training has been an integral part of SSA's Leadership Symposiums, NASA's Leadership Through Influence (LTI) program, Treasury Executive Institute, DOI University, and GE's Management Development program.

*"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 Power Point presentations describing a topic, whereas yours really motivates and changes people. Your enthusiasm shines through what you do and the effect is dramatic."*

*—Robert C., Chief Learning Officer  
GE Healthcare*

*"On behalf of the 12 federal agencies who attended this Senior Executive training session, I commend you for a very well-executed program. I am still receiving feedback weeks later about how much participants enjoyed and benefited from the techniques and strategies."*

*—David Rosenmarkle, Program Manager  
Executive Learning and Development  
U.S. Department of Energy*



## 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*

## Conferences

David is a gifted motivational speaker and popular keynote presenter. He inspires and motivates audiences with a direct, challenging style that includes a healthy dose of humor, colorful analogies, and a deep understanding and empathy for how the human mind works. His programs have helped many people achieve a sudden shift in perspective that has radically changed their lives for the better. Karen connects easily with audiences with a warm empathy and an unusually calming voice—perfect for guided techniques.

*"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*

*"This was the best training I have received since being employed by the government 24 years ago. I highly recommend this program to anyone."*

*—Lewis S., Manager*

*Alcohol and Tobacco Tax and Trade Bureau  
U.S. Department of Treasury*



## Customer Service Change Management Conflict Resolution Teambuilding

We provide targeted stress management training for your specific needs. Some ideas are shown above, but we can tailor our work to whatever situation you find yourself in. Anything that needs to get done has a stress component to it, because as people feel pressure and become reactive, forward progress toward whatever you are trying to accomplish can be greatly hindered.

*"I enjoyed your program immensely. It is excellent for people on the bench. I've thought long and deeply about how to respond to the people who appear in my courtroom, given their frustrations, lack of respect for authority, and the necessity for me to be both understanding and strong. I intend to implement all of the tools in my professional and personal life."*

*—A federal district court judge  
(anonymous as required by law)*

## Cost

*Price is all-inclusive: trainers, travel (air, hotel, car) and materials*

### **In-person trainings (3-3.5 hours)**

\$2,400 San Francisco Bay Area

\$4,200 West Coast, AZ, NM

\$5,700 Midwest

\$6,400 East Coast

*Additional trainings on the same day or consecutive days are \$2,800.*

*International trainings: request quote.*

### **Online sessions (90-120 minutes)**

\$2,100 for up to 50 participants

\$2,400: 50-100 • \$3,000: 100-150

\$3,500: 150-200 • \$4,000: 300+