

Stress Less Achieve More Training Program

The hidden gift of these high pressure times is that they force you to confront the question, are you running deeper or just faster?

In this volatile, uncertain, complex and ambiguous world, employees are faced with multiple priorities, fierce competition and an expectation that they can resolve any issue and are available 24/7. These greater workplace demands are causing stress—and it's taking a toll on productivity, employee engagement and well-being.

The usual recommendation for stress reduction is to exercise, meditate, get enough sleep, and eat better. Yet, who has time for yoga poses amidst nonstop meetings and pressing deadlines? And how many of us meditate or go to the gym every day? Stress reduction becomes one more thing to do!



Our **Mindfulness in ACTION** training approach will guide you in unleashing your potential by using pressure- the energy of change-- to enhance creativity, performance, relationships and well-being. It goes beyond information by providing an experiential mind/body context that enhances emotional intelligence and develops intuition/instincts. By learning how to transform pressure into *power*, you'll skillfully ride the waves of change without giving away your happy, your confidence, your energy, and your integrity. [Click here to learn more](#)

The Stress Less Achieve More Training Program is based on the principles of aikido-- a martial art that teaches the harmonious resolution of conflict, psychology, meditative arts and best organizational development practices.

Our approach can be used at any time and within any activity.

The program is presented in two separate tracks:
Emerging and Senior Leadership Track
Wellness for the General Population

The Stress Less Achieve More Training Program is offered as a three-part series, which you can buy separately or as a package. The training is provided on a voluntary basis.

- **Stop *FIGHTING* Pressure and Learn to USE It!** Teaches an inner map to transform limited reactive behaviors into masterful responses when in high-pressure situations.
- **Skillful Communications Under Pressure Focuses** on communicating with emotional intelligence including how to listen beyond reactivity and how to resolve conflicts harmoniously.
- **Bringing Your Gifts to The World** - Aligns individual's mission and vision with that of your organization; provides a mind/body approach to spark creative solutions.

How we are different from other mindfulness programs

Because the brain stores information based on arousal levels, within high-pressure situations people may not be able to access the calm state they found in meditation or on the yoga mat.

Thus, our approach first teaches the elements of an inner map that can be used any time and within any activity to remain calm, centered and grounded. Next, participants practice using this map under increasing levels of pressure.

By practicing when under pressure, participants imprint a new and more effective way of responding onto their nervous systems, which is more accessible in challenging situations.

This approach has been used successfully with corporate leaders in numerous organizations including Chanel, EA Sports and MasterCard Latin America as well as with Marines and Navy Seals.

For a free 30 minute consultation to discuss how pressure can enhance the performance, creativity and wellbeing of your employees, [click here](#).