

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.

Testimonials: ([LANCE--maybe click on this which get you to the testimonials](#))

- *"Aimee has a way of thinking that brings new insight into what seems like every day events, but is really the essence of a modern life. Her work on bringing positive energy into living is worth a wide audience."*

Peter Block, Author, Consultant

Stewardship: Choosing Service Over Self-Interest

- *"I couldn't believe the personal transformation in some of the people that attended your program. I saw a difference right away in their attitude, self esteem, and energy level."*

Nancy Rehbine-Zentis ,CEO

Institute of Organization Development

- *"By the way, I never told you how much our final session helped me. I knew that if I gave myself time to calm down and process what you were saying, your advice would work! And it has! Just yesterday, Mary Ann commented on the change! I'm working hard on occupying a big space and projecting in a positive way as opposed to shrinking. And I'm having fun doing it! So THANK YOU!"*

Cindy Drankowski, Former V.P Human Resources
Chanel USA

- *"Thank you for an amazing workshop yesterday. I am so impressed that you got each and every one of us to experience centeredness in such a meaningful way. I look forward to integrating these practices in my work."*

Patty Gallagher, Crothers HR Consulting, LLC
NJODN participant June 2015

- *Aimee's a fun, motivating and highly experienced facilitator. Her holistic approach to leadership development was a big hit with our group. ~*

Rob Rogers, President for the Greater Orlando
Organization Development Network

- *"After an unsatisfying interchange with my boss, you know one of those where your heart rate goes up, I travel to my usual reactive place of reviewing my conduct and wondering what I did wrong. As I catch myself in my old pattern, I shift. I then go within to sense and dialogue with the energies coming through me, I feel myself growing large and more relaxed. What began as a negative journey that could have drained me needlessly for hours, changes as I become present in my life right now. My work with Aimee and the energies around us have brought me new life...from reactive to creative. "*

Sharon Miller, Senior City Attorney, Fort Lauderdale