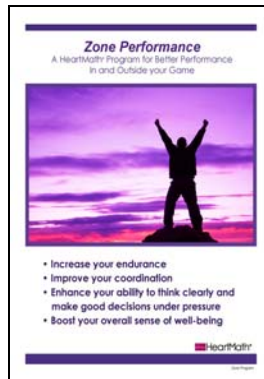


Improve Performance In and Outside your Game



In **HeartMath's Zone Performance Program** a Licensed HeartMath® Provider will teach you how to quickly reach—and sustain—the zone of high performance. You'll learn how to increase endurance, improve coordination and enhance your ability to think clearly under pressure. This focused and practical program combines personalized instruction, coaching and tool practice to meet your performance objectives and fit into your schedule. You'll also learn how to use HeartMath's innovative emWave® technology to access the high performance Zone anytime, anyplace.

The program includes a special workbook available only from your HeartMath Provider. Optional materials include: *Transforming Stress* book, HeartMath Music CD and the emWave® PC Stress Relief System or emWave Personal Stress Reliever®.

Course Topics include:

- The Emotional Game: Learn the relationship between emotions, stress, and performance.
- Zone Access- Learn how to disengage from the negative impact stress has on your play and how to use foundational HeartMath tools to transform stress.
- The Rhythm of the Game- Learn a technique to restore nervous system health, increase energy levels and improve your overall sense of well being.
- Attitude Adjustment- Learn how to access a winning attitude on demand.
- Life Outside the Game- Learn how to improve mental clarity, make better decisions under fire and improve communication.

For more information contact your Licensed HeartMath Provider.

