

# 2013/2014 Winter Game Improvement Programs by Laura Patrick

## HeartMath® Zone Performance Training or Stress Relief Programs

**\$200 includes 2 hours of coaching, program workbook, and "Inside Edge" or "Managing Emotions: Golf's Next Frontier" booklet. Coaching Sessions can be conducted in person or via phone.**

As a Licensed HeartMath 1:1 Provider, I will help you learn tools for life - simple, practical and reliable tools proven to help you quickly rebalance heart, body, and emotions. You can experience more flow and less stress and become who you really are by replacing the patterns and habits of who you are not.

### Zone Performance Program

Elevate your game whether it is a competitive sport or a personal challenge. By controlling your physiological response to stress and anxiety you can learn how to quickly reach and sustain the zone of high performance. Through this program you will gain an understanding of the relationship between emotions, stress and performance. This focused and practical program combines personalized coaching and a detailed practice plan to meet your performance objectives. What you will learn:

- The relationship between emotions, stress, and performance.
- How to disengage from the negative impact stress has on your play and how to use foundational HeartMath tools to transform stress.
- Techniques to restore nervous system health, increase energy levels and improve your overall sense of well being.
- How to access a winning attitude on demand.
- How to improve mental clarity, make better decisions under fire and improve communication both on and off the field.

### Stress Relief Program

In today's stressful world finding something that works to relieve stress and limit the impact stress has on your body is like finding a goldmine. This program shows you how your physiology can respond differently to stress and teaches you how to manage your reactions to stressful situations. Through your new, healthier response to stress, you will create a positive impact on your body and mind. This focused and practical program combines personalized coaching and a detailed practice plan to meet your personal objectives. What you will gain:

- The ability to recognize and disengage from the negative impact stress has on your body and mind.
- The relationship between emotions, stress and mind-body health
- Restored nervous system health and increased energy levels.
- Transform stress on demand, 24/7--any time, any where.
- Improved mental clarity and problem solving skills.

\* Additional programs including the corporate training program, "Strategies for Coherent Performance" and the life changing "Voyage to Heart Intelligence" are available upon request. Please call for more information.

**Sign up for a program and receive a 10% discount on the emWave2 or the Inner Balance Trainer for IOS.**

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