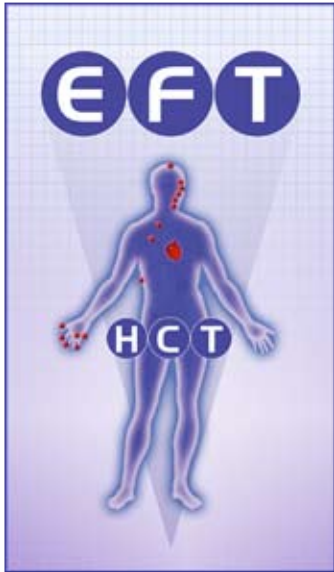


Achieve Personal Coherence

Introduction to Heart Conditioning Technique



"Once we discover how to train our hearts to shift to a positive emotional state, we gain control over stress and hold the key to a life of longevity, performance and contentment." - Steve Morris

Introduction to Heart Conditioning Technique (HCT) is part of the **Achieve Personal Coherence Series**, a series of training and personal coaching workshops using a variety of energy tools and techniques including EFT and HCT to promote high performance, personal energy and life contentment through gaining control over the negative emotions that are barriers to personal and professional success.

Introduction to Heart Conditioning Technique is a three-hour workshop that introduces the participant to the importance of the heart in emotional and physical well-being. The heart is directly linked to our emotions and research shows our thoughts and emotions have a dynamic effect on our health and vitality. Stress and negative emotions like frustration, insecurity and depressing feelings also inhibit optimal health. Regular practice of basic techniques will achieve immediate and long lasting stress relief, optimal health and peak performance.



What is Heart Conditioning technique (HCT)?

HCT is personal stress reduction and coherence strengthening techniques developed by Steve to reduce stress and to increase performance, energy and vitality. HCT encompasses aspects of breathing & posture control, emotional shifting, visualization exercises and sound therapy.

Steve demonstrates first hand the impact of stress on the heart using the Freeze Framer® - a computerized biofeedback tool developed by The Institute of Heart Math (IHM) that shows, in real time, how emotions directly affect the heart. Participants are able to see how stress how instantly and directly stress affects the heart and can see the effectiveness of the techniques they are learning.



Who should attend?

Anyone that wants to eradicate stress from their lives, learn techniques for peak performance and greater overall contentment. Results may include an increase in performance, memory retention, ability to focus, reduction in anxiety, decrease in stress levels and related diseases.



Discover how to:

- Significantly reduce and eliminate stress and anxiety
- Manage stress we can't avoid
- Enhance performance both at home and work
- Unblock barriers to personal and professional success
- Transform negative debilitating emotions to positive life enhancing ones
- Increase in mental clarity, memory, creativity and comprehension
- Increase immune system

Course Content:

- Introduction to HCT
- Evidence of Stress in our Society
- The source of Stress - our reactions to real and perceived threats
- The impact of Stress - the health and performance consequences
- Seeing Stress in the Heart - FF Demo
- Transforming Stress - How to achieve personal coherence

Brought to you by



In Association with:

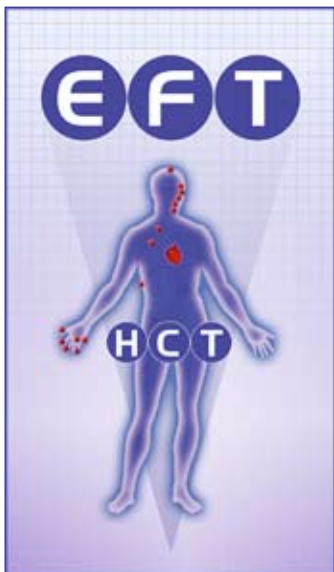


Steve Morris Associates
International Leadership Consultants

For more info on Personal Coherence visit: <http://www.stevemorrisassociates.com/EFT>

Achieve Personal Coherence

Introduction to Heart Conditioning Technique



Course Details...

Title: Introduction to Heart Conditioning Technique
Date: Please Refer to Online Registration Form
Time: Please Refer to Online Registration Form
Venue: Please Refer to Online Registration Form
Cost: \$60
Certification: Non Applicable
Materials: Non Applicable



Note: All programs may be run in-house and tailored to your organizations needs.

Other workshops in the Achieve Personal Coherence Series include:

HCT Level 1 • HCT Professional Certification
Achieve Emotional Freedom Level 1 • Achieve Emotional Freedom Level 2
Emotional Freedom @ Work • Emotional Freedom for the Thoroughly Modern Executive
Emotional Freedom in the Classroom • Coach Steve's Super Stress Buster

About Steve...

Steve Morris is Founder and Head Coach of Steve Morris Associates, a Singapore-based International Leadership Consultancy. He is regarded as one of the world's pre-eminent authorities on leadership in Asia and has provided Leadership and Team Development programs to the top leaders in the world's most renowned organizations.

Steve Morris is an inspirational personal development coach, acclaimed author, and workshop leader. His Glorious Living! and Glorious Leadership! workshops, products and services have helped thousands of people to find their inner self and to develop themselves and others to their fullest potential both professionally and personally. Steve is the author of the Glorious Living! series, the Glorious Leadership! Series and The Boy Who Climbed the Mountain.

Steve is highly respected interview subject for his expertise in holistic personal growth and development. He has appeared as a guest expert in print media, radio, TV and more recently web cast around the globe. In 2005, Steve has hosted his own 10-week radio series, Leadership for Life, on 93.8 Live. He is a weekly print columnist for Today Newspaper as well as presenter of the TV segment Start Your Day Right on Channel News Asia.

For more on Steve and his programs please visit: <http://www.stevemorrisassociates.com>

More Information...

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Mona@stevemorrisassociates.com



Steve Morris
Head Coach

Course Registration...

Register online... <http://www.stevemorrisassociates.com/EFT>

Or simply fill-in the relevant details and fax this form:

+65- 6538 1662.

Or post the registration together with a cheque to:

LotusBloom (S) Pte Ltd
400 Orchard Road #19-05 Orchard Tower,
Singapore 238875

Please note: your reservation will not be confirmed until we have received payment. We will send confirmation to your e-mail or via post on receiving payment.

Name: _____

Organization: _____

Tel: _____

HP: _____

Email: _____

Fax: _____

Workshop Dates: _____

Introduction to Heart Conditioning Technique