



Stress Management & Resilience Skills

Martial Arts for the Mind

Wednesday, Oct 5

9 am–12:30 pm • \$100

Philip Burton Federal Building
Arizona Room, 2nd floor
450 Golden Gate Ave, San Francisco

Register online soon; space is limited

https://stress_resilience_training.eventbrite.com

David
& Karen
Gamow



“Thank you for your lively and engaging training at our week-long Annual Fleet Administration Management Seminar. We found it very effective and enjoyable, and I recommend it highly.”

—Captain Todd Bridgeman, Director Marine Operations, NOAA

“Helpful, not only in terms of how to deal with people who stress you out, but especially on how you handle yourself, so you don’t let the slings, arrows, and other misfortunes that others may sling your way get you down. It was rather liberating, in fact.”

—John Lom, Deputy Chief Counsel Department of the Treasury

“Your training has been a great help in a high-stress environment. Even one person with calm energy in the face of challenge helps everyone to respond at their best.”

—Charles Palmer, Jr., Administrator 351st Civil Affairs, U.S. Army

“These are critical skills for achieving our goals with greater clarity of mind, without losing our sense of humor or our health along the way.”

—Jeff Fanselow, Manager Learning & Development, CBS

“I’m normally in pain nearly all the time, and yet I was pain-free after a single session of your exercises.”

—Sharon M., Stanford Medical

“The best stress and resiliency training ever offered in my 20 years at NASA.”

—Miriam Glazer, Manager, NASA

This training was hosted by FEB in 2013 and received some of the highest ratings of any trainings we have ever offered. We are pleased to offer it again this year.

Gain clarity of mind and an increased capacity to meet and overcome life’s challenges. This training provides both physical and cognitive techniques to overcome the negative impacts of stress, and to increase our capacity to bounce back from adversity. Navy Seals use these techniques to calm intense fear before combat. Actors and athletes use them to reduce stress during performance. Learn how to stop the stress response before it arises, and to find effective ways to release it once present. You’ll learn how to:

- Understand and communicate more sensitively with people without denying or sacrificing your own feelings
- Manage challenging work situations with greater calm and clarity of mind
- Release stress with simple relaxation, breathing, and meditation techniques that can be done in just a few moments
- Achieve significant relief from chronic pain, insomnia, and high blood pressure
- Increase focus amidst 24/7 hyper-connectivity and distractions

David and Karen Gamow have trained over 30,000 employees for clients including the U.S. Navy, Army, Marines, NOAA, Forestry Service, Department of Treasury, Justice, Education, Energy, and many other federal agencies. For years their training has been an integral part of leadership training intensives for GE, NASA, and the Social Security Administration. They have spoken about stress on behalf of the American Heart Association. Authors of *Freedom from Stress*, their work has been featured in *Investor’s Business Daily*, *Gannet News*, and *CNN’s Money Magazine*.

For more info: https://stress_resilience_training.eventbrite.com